

## HEALTH & WELLNESS

### **GOLDENHEARTWELLNESS.COM**

A health and wellness brand dedicated to helping you thrive and improve your overall well-being.

## FITNESS & NUTRITION

### **OPENFIT APP**

Openfit is a digital streaming platform that integrates fitness, nutrition, and wellness together in one place.

## MENTAL HEALTH

### **TALKSPACE APP**

Talkspace is an online therapy platform that provides confidential support of a licensed therapist through an easy-to-use and HIPAA-compliant app.

## SELF-CARE & RESILIENCE

### **CALM & HEADSPACE APP**

Popular apps for easing anxiety and practicing mindfulness. Both offer free trials and free basic packages.

## HEALTHY RECIPES

### **EATINGWELL.COM**

Eatingwell offers delicious recipes, balanced nutritional advice, thought-provoking stories and new ways to make healthy choices more exciting.

## FREE MENTAL HEALTH SUPPORT

### **CRISISTEXTLINE.COM**

Text EMPATHY to 741741 to reach a Crisis Counselor. You can text about anything you're feeling- depression, anxiety, or even if you just need someone to talk to.