



**Painted Brain** supported in the development of this brochure. It will be reviewed on a biannual basis. For App suggestions: [helpathand@sbcbswell.org](mailto:helpathand@sbcbswell.org).

If you're having thoughts of suicide or are in crisis, contact the

**LIFELINE**

**(800) 273-8255**  
or Dial 911

**Disclaimers:** This pamphlet is designed for informational use only and the referenced apps should not be used as a substitute for professional advice and information from therapists, physicians, and/or financial advisors. The pamphlet is a resource to assist with locating apps that you may find to be helpful in your daily life. Some apps in this guide may have associated charges and in-app purchasing available. We do not endorse any in-app purchases. USE OF THESE APPLICATIONS IS AT THE USER'S SOLE DISCRETION AND HIS/HER SOLE RESPONSIBILITY.

Use of the logos of the apps does not imply any affiliation with, or endorsement of, products, other organizations, or initiatives.



**24-Hour Toll-Free  
Access Line**

**(888) 868-1649**

**for assistance in locating a  
service provider**

Use your Phone Camera to scan  
QR Code Below



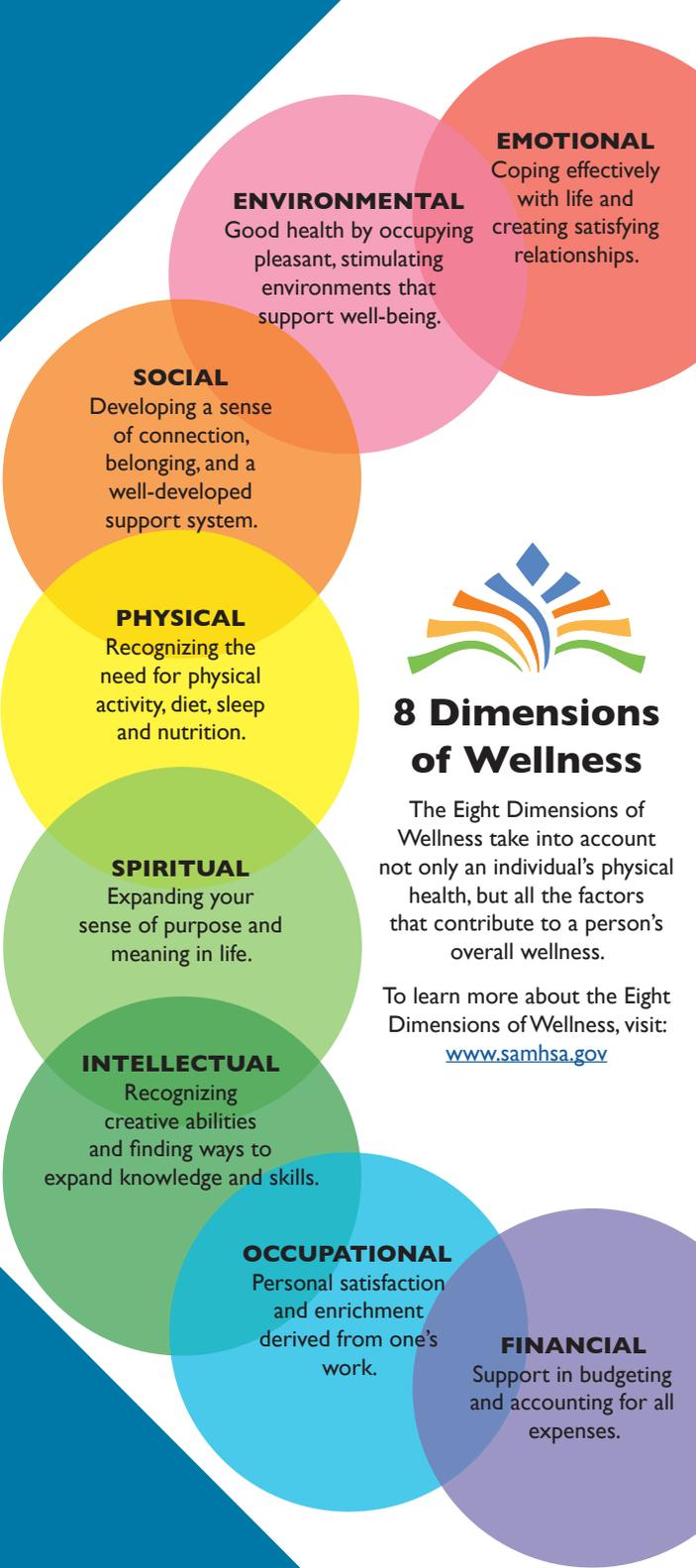
Learn more about  
Santa Barbara County's Mental Health, Alcohol & Substance Use  
Information, Referrals & Crisis Support by visiting our website at:  
<https://co.santa-barbara.ca.us/apps>



SANTA BARBARA COUNTY  
DEPARTMENT OF  
**Behavioral Wellness**  
A System of Care and Recovery

**GUIDE TO  
WELLBEING  
APPS**





## 8 Dimensions of Wellness

The Eight Dimensions of Wellness take into account not only an individual's physical health, but all the factors that contribute to a person's overall wellness.

To learn more about the Eight Dimensions of Wellness, visit: [www.samhsa.gov](http://www.samhsa.gov)



**Headspace**  
Supports emotional, spiritual, environmental wellbeing through guided meditation for sleep, stress, anxiety, depression, and overall wellness.



**Lumosity**  
Enjoy playing games to help improve your focus, problem-solving, and memory in an interactive way, backed by science to support your intellectual wellbeing.



**Khan Academy**  
Build a deeper understanding in math, grammar, science, history, SAT®, AP®, school loans, tax filing, resume-building, and more to support your intellectual and occupational wellbeing.



**Hoopla**  
Borrow digital movies, music, eBooks and more, 24/7 for all devices with your public library card to support your intellectual, emotional, and environmental wellbeing.



**Picture This**  
Instantly identify plants, their descriptions, and plant care tips. Enjoy beautiful plant pictures around the world to support your environmental and social wellbeing.



**Fooducate**  
Enjoy thousands of recipes to improve your health, and learn more about healthy eating to support your physical and emotional wellbeing.



**CALWIN**  
This app helps California residents with medical insurance, food, financial aid, and job skills assistance to support your financial, occupational, and overall wellness.



**MindShift**  
Develop more effective ways of thinking and use active steps to take charge of your anxiety to support your emotional wellbeing.



**7-Minute Workout**  
Workout anywhere and anytime in a way that is fast and simple to support your physical wellness.



**Mango Health**  
Create a schedule of healthy habits, including taking medication on time, checking blood pressure/glucose level, and more to support your physical wellbeing.



**Meeting Guide**  
Stay informed and connected to your local and world-wide Alcoholics Anonymous community to continue gaining the support you need for your overall wellness.



**NA Meeting Search**  
Stay informed and connected to your local and world-wide Narcotics Anonymous community to continue gaining the support you need for your overall wellness.



These Apps have been assessed and used by local peers of Santa Barbara County.



The Apps listed are digital tools to support your overall wellbeing.