

Unplug For BlastOff!

A Resource Guide for Social Media Cleanses

Virtual Mental Health Resources

1. **Crisis Text Line**
 - **Website:** www.crisistextline.org
 - **Description:** Free, 24/7 support via text for anyone in crisis. Text HOME to 741741 to connect with a trained counselor.
 2. **Teen Counseling (BetterHelp)**
 - **Website:** www.teencounseling.com
 - **Description:** Online therapy platform connecting teens with licensed therapists for private and professional counseling.
 3. **National Suicide Prevention Lifeline (988 Suicide & Crisis Lifeline)**
 - **Website:** www.988lifeline.org
 - **Phone:** Dial 988
 - **Description:** 24/7 confidential support for individuals experiencing mental health crises or suicidal thoughts.
 4. **7 Cups**
 - **Website:** www.7cups.com
 - **Description:** Free online support with trained listeners and a safe space for teens to share their feelings.
 5. **Your School Counselor**
 - **Description:** Access your School Counselor's Virtual Office [HERE](#)
 6. **Care Solace**
 - **Description:** Access 24/7 Mental Health Care Coordinator Service for CCS Scholars, Staff, and their Families [HERE](#)
-

Apps for Digital Well-Being

1. [Headspace](#)
 - **Platform:** iOS, Android
 - **Description:** Offers mindfulness exercises and guided meditations to help reduce stress and improve focus.
2. [Forest](#)
 - **Platform:** iOS, Android
 - **Description:** Helps users focus by growing a virtual tree that thrives when the app is not used.
3. [Stay Focused](#)
 - **Platform:** Android
 - **Description:** App blocker that helps limit usage of distracting apps and websites.

4. [Moment](#)
 - **Platform:** iOS
 - **Description:** Tracks screen time and provides coaching to reduce phone usage.
 5. [Offtime](#)
 - **Platform:** iOS, Android
 - **Description:** Helps disconnect from devices by blocking notifications and limiting access to certain apps.
 6. [Flipd](#)
 - **Platform:** iOS, Android
 - **Description:** Encourages focus by locking the phone for set periods and providing progress tracking.
-

Recommended Reading List

1. [“Digital Minimalism: Choosing a Focused Life in a Noisy World” by Cal Newport](#)
 - Focuses on the benefits of reducing digital clutter and offers strategies to live a more intentional digital life.
2. [“Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked” by Adam Alter](#)
 - Explores how technology affects our habits and mental health, offering insights into breaking free from its grip.
3. [“The Social Dilemma: The Power of Social Media and the Need for Change” \(Companion Book\)](#)
 - Explores themes from the Netflix documentary, focusing on understanding and managing social media’s impact.
4. [“How to Break Up with Your Phone: The 30-Day Plan to Take Back Your Life” by Catherine Price](#)
 - Offers a step-by-step guide to reducing phone dependency and creating healthier tech habits.
5. [“Selfie: How We Became So Self-Obsessed and What It’s Doing to Us” by Will Storr](#)
 - Examines the cultural and psychological impacts of social media and how it shapes self-perception.
6. [“The Happiness Trap” by Dr. Russ Harris](#)
 - A guide to mindfulness and ACT (Acceptance and Commitment Therapy), offering tools to improve mental health.
7. [“Unplug: A Simple Guide to Meditation for Busy Skeptics and Modern Soul Seekers” by Suze Yalof Schwartz](#)
 - Helps readers integrate mindfulness and meditation into their daily routines.