



Accessibility Resources

Adults

Mental Health Resources:

Trans Lifeline: 877-565-8860; <https://www.translifeline.org/hotline>; se habla español.

CrisisConnections: 866-4CRISIS; [24-Hour Crisis Line > Crisis](#); supports 155 languages

Amazon Alexa Mental Health Apps (★★★★ rated): <https://tinyurl.com/y8bzf5dq>

Meditation:

Amazon Alexa Meditation Apps (★★★★ rated): <https://tinyurl.com/y9chk2t7>

Amazon Alexa Calming Music Apps (★★★★ rated): <https://tinyurl.com/yas69le8>

Using HeadSpace App via Amazon Alexa: <https://tinyurl.com/y8u8z87h>

Google Assistant Meditation Guide: <https://tinyurl.com/y8j6lpqn>

Using Calm App via Google Assistant: <https://tinyurl.com/yaqplyfu>

Using HeadSpace App via Google Assistant: <https://tinyurl.com/y77nktjn>

Google Assistant Calming/Sleep Sounds: "Hey Google, ask Sleep Sounds for <sound>."

- Rain
- City Rain
- Forest
- Fireplace
- Cafe
- Ocean
- Frogs
- Crickets
- Birds
- Waves
- Pink noise
- Waterfall

Smiling Mind via Google Play: <https://tinyurl.com/y82zz8mk>



Accessibility Resources

Smiling Mind via Apple App Store: <https://tinyurl.com/rew2r7h>

HeadSpace App via Google Play: <https://tinyurl.com/8me34qo>

HeadSpace App via Apple App Store: <https://tinyurl.com/y3a5j5d2>

Calm App via Google Play: <https://tinyurl.com/kxj23s6>

Calm App via Apple App Store: <https://tinyurl.com/y2u66b5t>

ASL/ESL Resources:

Google Assistant:

- "Hey Google, read it": reads the webpage you are currently on. Can also translate to the language of your choice.
- "Hey Google, be my {insert language} interpreter": have Google Assistant show and speak both sides of multi-language conversation in real time. You can use Google's Interpreter Mode on any Google Home speaker or smart display.

Translated App on Amazon Alexa (★★ rated): <https://tinyurl.com/y4nhumw9>

Youth Mental Health Resources:

TeenLink: 866-833-6546; <https://www.teenlink.org>; supports 155 languages

- TeenLink's Resource List: [where to turn 2019-2020](#)

Trevor Project: 1-866-488-7386; [Get Help Now](#)

- Trevor Project Support Center Resources: [Trevor Support Center](#)

Games:

Steven Universe Games (Free via Cartoon Network): <https://tinyurl.com/y7m96mp5>