

Possible Resources & References

- Codes of Ethics
 - [NASW](#)
 - [American Psychological Association](#)
 - [American Psychiatric Association](#)
 - [American Nurses Association](#)
 - [American Nurses Association Ethics and Human Rights](#)
 - [AMA](#)
 - [American Bar Association](#)

Examples of Apps mentioned in this webinar

- Mood 24/7 <https://www.mood247.com> *get to know yourself*
- PTSD Coach Mobile App downloaded 45,000 times in 58 countries
www.americantelemed.org/i4a/pges/index.cfm?pageid=3969
- Defense Dept: [T-2 Mood Tracker](#) identify & track stress; [Breathe2Relax](#) release stress; [Tactical Breather](#) manage stress
- Best Anxiety iPhone & Android Apps – *Self-Help for Anxiety Management, Sleep Time - Alarm Clock, Stop Panic & Anxiety Help; Anti-Anxiety APP*
- Best Depression iPhone & Android Apps
 - *Sleep Cycle; Health Through Breath; Depression CBT Self-Help Guide; Positive Activity Jackpot; Operation Reach Out*

Web and video conferencing and HIPAA Compliance

Mirah Lake(02:22 PM): "Zoom is a HIPAA compliant web and video conferencing platform that is suitable for use in healthcare, provided a HIPAA-covered entity enters into a business associate agreement with Zoom prior to using the platform. It is still possible for HIPAA Rules to be violated using the platform so users must be aware of their responsibilities with respect to patient privacy, and must only share or communicate PHI with individuals authorized to receive the information. It is the responsibility of the covered entity to ensure Zoom is used correctly and HIPAA Rules are always followed." From <https://www.hipaajournal.com/zoom-hipaa-compliant/>