

# MENTAL HEALTH APPS

Listed below are some ideas of apps to use to help with a variety of mental wellness topics.



1

## WHAT'S UP

What's Up is a free app utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful modern design, simple heading and easy-to-follow methods, you can get to what helps you in seconds



2

## CALM

Calm is an app for sleep, meditation, and relaxation. It includes hundreds of programs including meditation, sleep stories, calming anxiety, managing stress, breaking habits, happiness, gratitude, self-esteem and so much more.



3

## SUPERBETTER

Resilience Training. Powered by the Science of Games. Join nearly a million people who have played SuperBetter to build resilience, achieve goals, and tackle challenges including anxiety, depression, stress, chronic pain, concussion recovery and more.



4

## THREE GOOD THINGS

It's been shown that if you write down three good things that happen to you everyday, your happiness and positivity increase. Three Good Things, a happiness journal, enables you to do exactly that with a simple user-interface and gamification to encourage engagement.



5

## HAPPIFY

Happify's science-based activities and games can help to reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.



6

## HEADSPACE

Headspace is your guide to health and happiness. It's the simple way to let go of stress and get a better night's rest. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day.



7

## MINDSHIFT

Is anxiety getting in the way of your life? MindShift uses scientifically proven strategies based on Cognitive Behavioral Therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take charge of your anxiety.

