

There's An App for That!



SANVELLO

Tools for self-care and stress relief, such as mood tracking & clinically validated techniques for feeling better: Peer Support, Coaching & Therapy



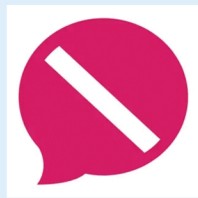
TALKSPACE

Be matched with a list of therapists online. Also allows you to change therapists, so that you can find the one that is the right fit for you



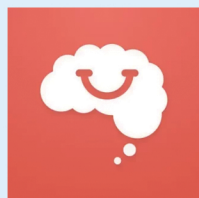
HAPPIFY

Filled with activities that help overcome negative thoughts & stress. Takes you on a mental health journey, with videos & games to improve positivity



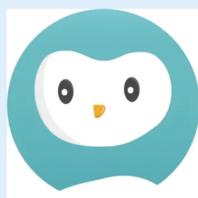
notOK

Press the "notOK" button to easily & quickly reach out for support from trusted contacts. Also features local warm lines and Crisis Text Line



SMILING MIND: MEDITATION

Mindfulness & Positive Psychology. A leading digital-led, prevention-focused mental health app. Guided trainings to reduce stress & improve mental health



WYSA

Connect with AI chatbot to relieve stress & learn coping skills. Self-care activities & "SOS" section provides crisis helplines and safety plan



ME+ DAILY PLANNER

Create routines for self-care activities and other healthy habits to help stay on track to meet your goals. Get friendly reminders and improve your well-being



CALM HARM

This app provides tasks that help you track and resist self-harm urges

All Listed Apps:
Available for both iPhone & Droid
Scan For More >

