

APPS TO USE for Mental Health



CALM



Guided meditations and sleep stories. Calm has meditations that help reduce anxiety, stress, build self-esteem, and increase happiness.

The calm app is free to download, however there is an option to have access to the full library which requires payment. There are some stories, music, and guided meditations that are free. There is a 7 day trial for the full library, but after that it requires payment. Calm costs \$12.99/month, \$59.99/year and \$299.99 for a lifetime subscription.

STOIC



Helps individuals learn to cope with stress, increase productivity, build resilience and self confidence!

GRATITUDE



Reminds individuals of the importance of self care, reinforces positive thinking, encourages finding peace and contentment by living life with goals and intention, and helps improve overall mood.

Most of the app is completely free with Unlimited journal entries, affirmations, backup & restore, pass-code lock. You can choose to subscribe to Gratitude Pro for adding more than a single image to your journal entry.

HEADSPACE



Makes meditation accessible to everyone. This app is full of "guided meditations" based on what subjects or stress areas that you want to focus on to customize your plan.

This app is free for iOS and Android with the basic pack.

The basic pack focuses on basic meditation and mindfulness! The free basic pack is a 10-day beginner course. This course will provide you with essentials to create a solid foundation of mindfulness practices for you to continue even after your 10-day course! After the 10-day beginner course, Headspace costs \$12.99 a month or \$95 per year (\$8 a month)

INSIGHT TIMER



Guided meditations, music and talks posted by contributing experts. This app features the most extensive free library of guided meditations with over 27,000 titles provided by the experts. Insight Timer adopts a freemium model, with a free basic version offering limited functionality and a paid version that provides access to in-depth courses and services.

MY3



is an app that helps you stay prepared to reach out and help yourself when you are having thoughts of suicide or self harm. MY3 is a completely free app, it can be downloaded on the Apple or Android app store. On this app you can create a support system by adding to a contact list, make a safety plan by listing coping strategies or people or places that can provide comfort/distraction. You can keep your information confidentially, you'll have access to the national suicide prevention hotline, and you can get support in times of crises.

STOP BREATHE THINK



(Free for Educators) / also a kids version: Award-winning mindfulness app for kids, teens, and young adults. Support navigating through life's challenges through mindfulness games and activities, guided exercises, guided journaling, and check-ins.

For educators Stop, Breathe, and Think provides downloadable resources for elementary-highschool classrooms.

Stop, Breathe, and Think for kids is suggested for ages 5-10. This feature is designed for kids to discover the superpowers of quiet, focus, and more peaceful sleep.

WOEBOT



Your friendly self-care expert. Woebot can help you think through situations with step-by-step guidance using tools from Cognitive Behavioral Therapy (CBT). It can also help you learn about yourself with intelligent mood tracking Woebot will help you master skills to reduce stress and live happier.



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