

MENTAL HEALTH APPS

ONLINE TOOLS FOR EMOTIONAL WELLNESS.

The following apps have been scientifically proven to be beneficial.

General Mental Health Apps



MOODFIT

Moodfit allows you to create and track a set of daily goals to improve your mood, reinforce positive messages, and create new positive habits.



MOODMISSION

MoodMission was designed to empower you to overcome feelings of depression and anxiety by following a tailored list of 5 simple, quick, effective, evidence-based missions to improve your mood.

Coping Mechanism



WHAT'S UP

What's Up? uses cognitive behavioral therapy and acceptance commitment therapy methods to help you cope with depression and anxiety with the use of a positive and negative habit tracker.

Anxiety



MINDSHIFT

MoodMission was designed to empower you to overcome feelings of depression and anxiety by following a tailored list of 5 simple, quick, effective, evidence-based missions to improve your mood.

Healthy Living



HEADSPACE

By using the app for only a few minutes each day, Headspace teaches you mindfulness and meditation skills and relieves feelings of anxiety.



LIFESUM

Lifesum is a self-care app that helps you reach your health and weight goals through better eating.

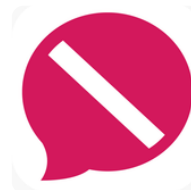
Coping Mechanism



HAPPIFY

Happify is a psychologist-approved mood-training program offered in both website and app form which provides games and tasks to help you increase your mental well-being.

Anxiety



notOK

NotOK allows its users to notify their most trusted friends/family that help is needed with a click of a button. When activated, the person's location and the message "Hey, I'm not OK! Please call, text, or come find me" is sent.

Online Counseling and Therapy



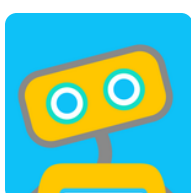
TALKSPACE

Talkspace is a convenient and affordable way to match you with a licensed therapist in your state from the comfort of your device.



BETTERHELP

BetterHelp is an online portal that provides online counseling and therapy services through multiple platforms: website, app, phone, and text.



WOEBOT

Woebot is an AI-powered chatbot that guides users through the management of depression, anxiety, and stress using principles of cognitive behavioral therapy.



CRISIS TEXT LINE

Free 24/7 support, only a text away. Entirely text-based and easy for anyone who doesn't feel comfortable talking on the phone. Text "Hello" to 741741.

*not an app