

# 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**