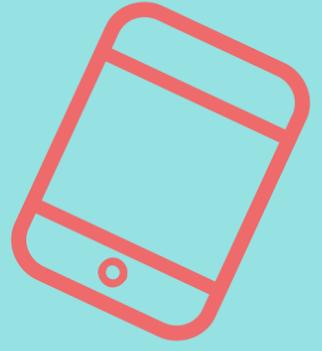


MENTAL HEALTH APPS



Improving your mental health between sessions can sometimes be difficult. Mental health apps** could provide the tools you need to keep growing until your next session!

by Amanda Villaveces, LMFT

1 STOP, BREATHE, THINK

SBT offers numerous guided meditations and mindfulness activities for all ages. Get rewards for your practice with motivational stickers, track your progress and check in with how you're feeling to get suggested activities. *Free with options to pay for additional features.



2 GOTTMAN CARD DECKS

From the renowned Gottman Inst., the Gottman Card Decks offer couples 14 decks with questions to increase their communication and knowledge of one another. *Free!



3 CALM HARM

Stem4, a group dedicated to improving teenage mental health, has developed this wonderful app geared towards reducing teen self harm. Users are offered alternative behaviors to self harm as well as links to contact outside help if needed. *Free

4 MOOD MISSION

Developed by Monash University in Australia, Mood Mission is a simple, yet visually appealing approach to improving depression and anxiety. Using CBT methods, users learn activities that will help improve their mood with explanations as to why these activities help. *Free



5 SUPER BETTER

Fight the "bad guys" and earn points as you work on improving your mental health! Like Mood Mission, Super Better uses CBT principles to challenge inactivity, self criticism and promote a healthier you! *Free

6 SHIM

"Shim is like a good friend that's always available." - user Matilda S. The Shim app is a chat app that encourages positive reflection and gratitude. It can even help you reconnect with others and be more mindful about your overall phone usage. *Free



7 MY3

MY3 is a safety plan app for anyone with suicidal ideation. Simply fill out the safety plan and identify your 3 contacts, who you will reach out to for help. MY3 also connects users to suicide prevention hotlines. *Free

8 MOMENT

Moment is the app for anyone looking to decrease their phone usage. You can get daily reminders when you've gone over your "limit" and it will even tell you which apps you use the most. *Free with pay options

