
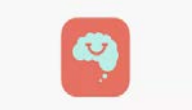




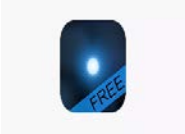


Mental Health Apps

 <p data-bbox="293 233 521 296">The Hopeful</p> <p data-bbox="110 369 516 573">Daily use, self-care app featuring encouragement, journaling, mood tracking, writing prompts, and inspirational quotes. You can find blogs and podcasts about a wide array of mental health topics.</p> <p data-bbox="110 583 487 646">Free Available on Apple and Android</p>	 <p data-bbox="786 233 997 296">Smiling Mind</p> <p data-bbox="565 352 878 415">Teaching mindfulness and meditation</p> <p data-bbox="565 426 943 489">Free Available on Apple and Android</p>	 <p data-bbox="1268 233 1455 296">PTSD Coach</p> <p data-bbox="1024 384 1455 520">Created by Veterans Affairs. Offers self-assessment, resources for help, and tools for management. Contains exercises and activities.</p> <p data-bbox="1024 531 1403 594">Free Available on Apple and Android</p>
 <p data-bbox="293 758 467 810">Happier</p> <p data-bbox="110 898 509 1073">Help observe and regulate emotions, while maximizing joy, peace and happiness. Contains quotes, exercises, place to record and courses to boost well-being.</p> <p data-bbox="110 1083 496 1146">Free, contains in-app purchases Available on Apple/iOS</p>	 <p data-bbox="802 758 989 810">What's Up?</p> <p data-bbox="565 909 984 1115">Based on CBT principles to help those struggling with depression. Also helps with anxiety, stress, anger and others. Offers breathing techniques, journal, guided exercises and more.</p> <p data-bbox="565 1125 943 1188">Free, offers in-app purchases Available on Apple and Android</p>	 <p data-bbox="1227 758 1451 810">Breathe2Relax</p> <p data-bbox="1024 905 1442 1041">Teaches breathing techniques that helps lower blood pressure and relieve stress, benefits panic, anxiety, PTSD, anxiety and anger.</p> <p data-bbox="1024 1052 1403 1115">Free Available on Apple and Android</p>
 <p data-bbox="310 1293 526 1346">Panic Relief</p> <p data-bbox="110 1440 532 1608">Short animations and app guides to help work through anxiety and panic to restore calm. Offers resources and exercises to better understand your internal process.</p> <p data-bbox="110 1619 487 1682">Free Available on Apple and Android</p>		