

Mental Health Resources:

The Best Apps for Good Mental Health



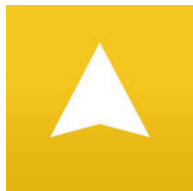
Happify
Free

How you feel matters. Whether you're feeling stressed, anxious, depressed, or you're dealing with constant negative thoughts, **Happify** brings you effective tools and programs to take control of your emotional wellbeing.



SuperBetter
Free

The SuperBetter app is an everyday coach for gameful living. Living gamefully means bringing the same psychological strengths you naturally display when you play games, such as optimism, creativity, courage, and determination, to your real life. It means having the courage and openness to try out different strategies to discover what works best. It means collaborating with allies, and building up the resilience to tackle tougher and tougher challenges with greater success.



Stress &
Anxiety
Companion
Free

The Stress and Anxiety Companion app gives you tools you need to manage anxious feeling and identify their triggers so they won't trip you up in the future. It can help build your mental muscles to make you stronger and happier. Some of the features include:

- Re-Breathing: control your breathing with the help of visual exercises.
- Mindfulness and muscle relaxation recordings to help your muscles relax and ease tension.
- Brain exercises: Quick and fun exercises to interrupt anxious or negative thinking.



iMoodJournal
- Mood Diary
\$2.99

The iMood Journal is the ultimate journal, personal diary and mood charting tool. It can track not only mood, but anything you like: sleep, medication, symptoms, stress and anxiety, energy level, cycles, etc. It will help you discover causes of your ups and downs, and get surprising insights into yourself! Capture your mood with colorful 10-grade scale.