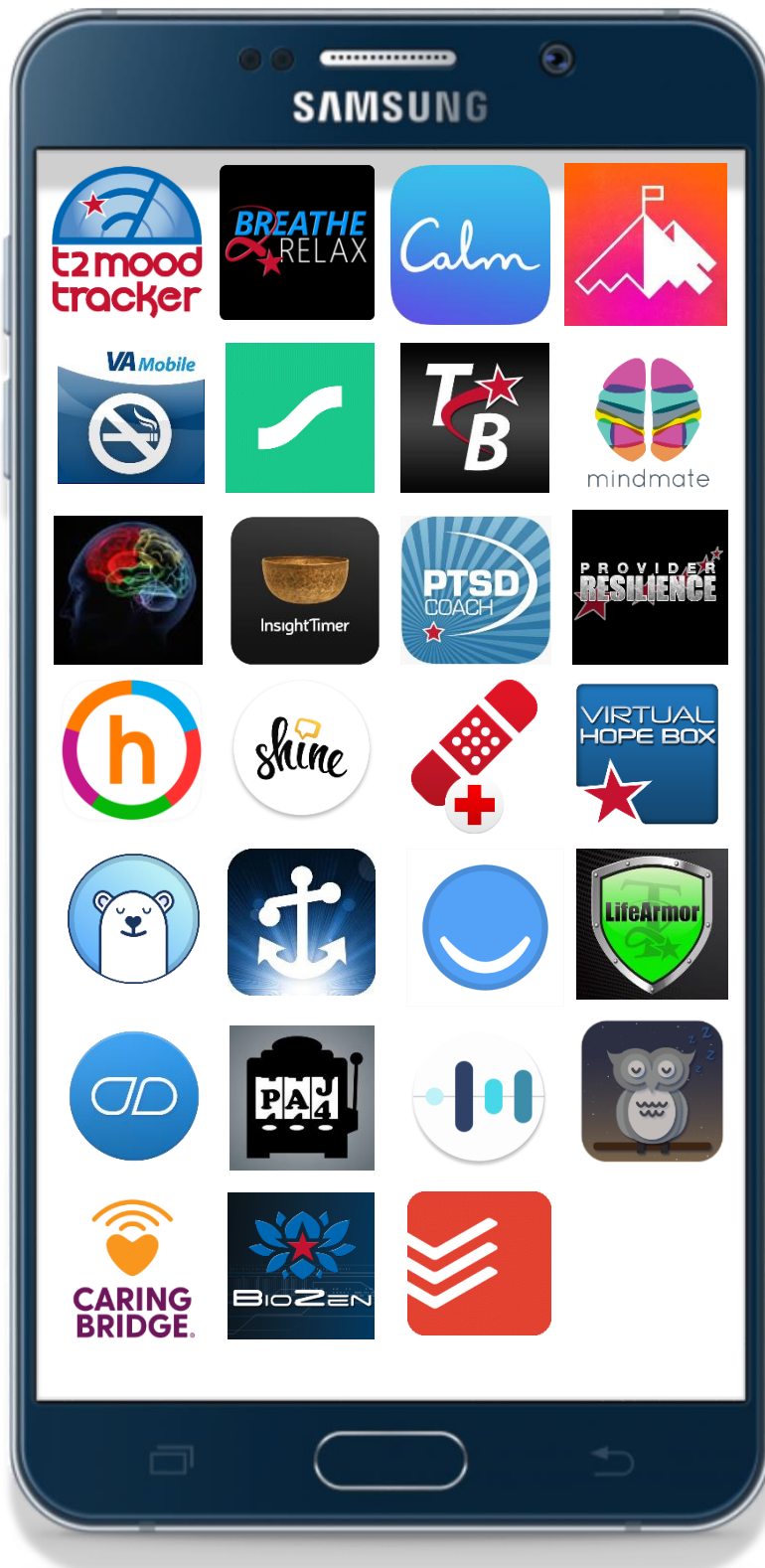


MENTAL HEALTH HELP APPS



T2 Mood Tracker: Tracks mood, identifies trends.

Breathe2Relax: Teaches how to breathe to reduce stress.

Calm: Sleep and meditation.

Mood Mission: For dealing with stress, low moods, and anxiety.

Stay Quit Coach: Helps with quitting smoking.

Sanvello: On demand help for stress, anxiety, and depression.

Tactical Breather: Reduce stress through breathing techniques.

Mind Mate: For anyone living with memory problems like Alzheimer's or dementia, and those with a family history of cognitive decline.

mTBI: Offers emergency and first-line responders recent evidence-based tools for the management of mild traumatic brain injury (mTBI).

Insight Timer: #1 Free meditation app

PTSD Coach: For veterans and military service members who have, or may have, Posttraumatic Stress Disorder.

Provider Resilience: Gives health care professionals tools to manage burnout.

Happify: Reduce stress, overcome negative thoughts.

Shine: Calm anxiety and stress.

First Aid: Expert advice for every day emergencies.

Virtual Hope Box: Coping, relaxation, distraction, positive thinking.

Bearable: Mood, symptoms, sleep, exercise, diet, and medication tracking.

Navy Leaders Guide: Guidance for leaders of sailors experiencing issues.

Moodfit: Tools for good mental health, and helps you understand what brings your mood up and down.

LifeArmor: 17 topics, including sleep, depression, relationship issues, and post-traumatic stress.

Medisafe: Pill and medication reminder.

Positive Activity Jackpot: PAJ uses a behavioral therapy called pleasant event scheduling (PES), which is used to overcome depression and build resilience.

eMoods Bipolar Mood Tracker: eMoods is a private and easy to use mood tracker and diary for journaling, graphing, reporting, and managing symptoms related to bipolar, depression, anxiety, and other mood disorders.

Dream Ez: Rewrite nightmares into less disturbing dreams for a better night's sleep.

Caring Bridge: Secure place for patients and caregivers to provide health updates, and for family and friends to respond with messages of emotional support and prayers.

Biozen: Biofeedback data from wearable body sensors covering biophysiological signals, including EEG, EMG, GSR, ECG or EKG.

Todoist: To-do list & tasks