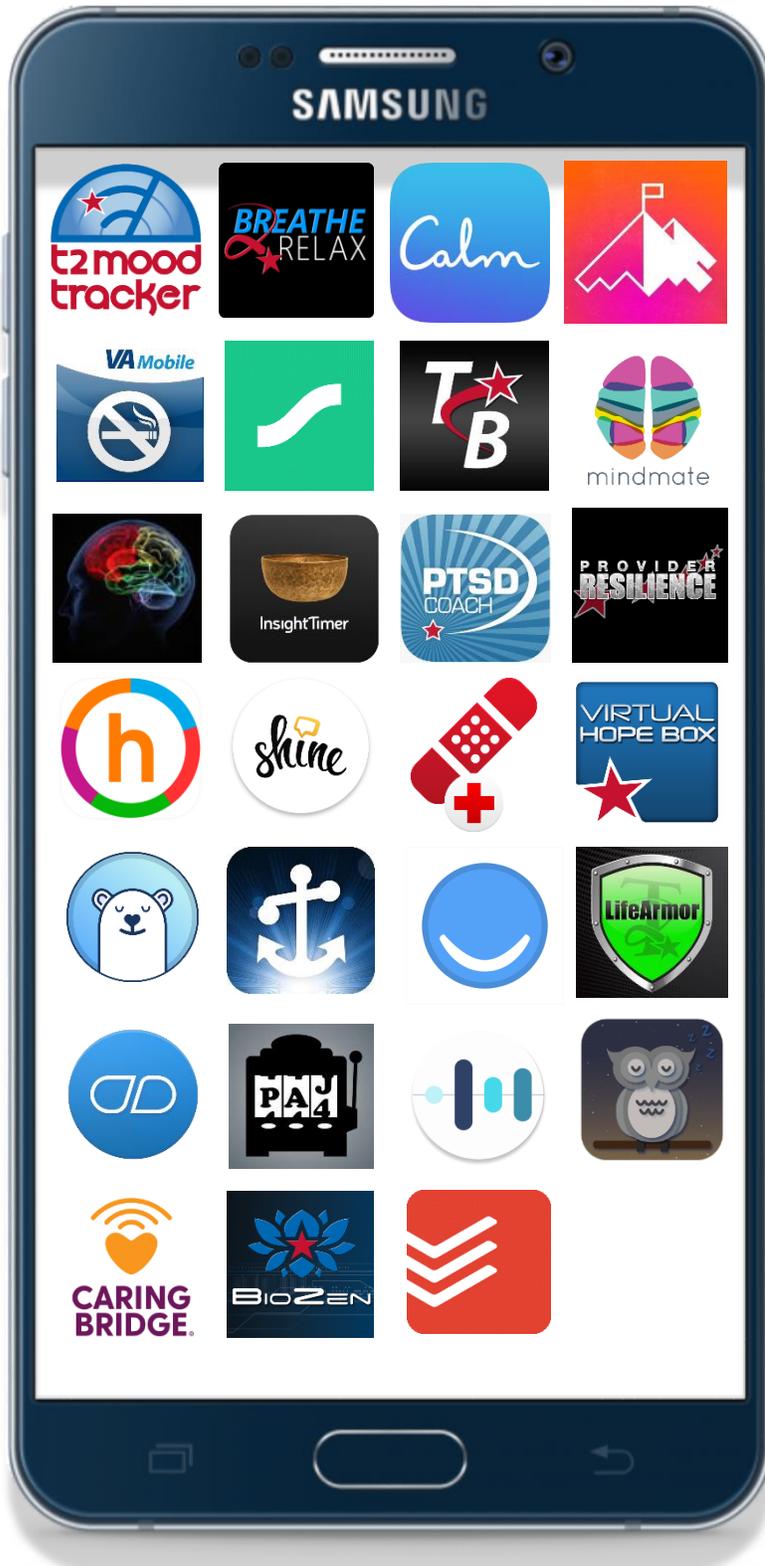
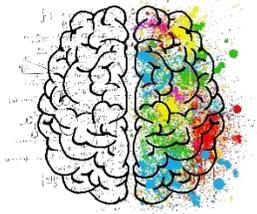


# MENTAL HEALTH HELP APPS



**T2 Mood Tracker:** Tracks mood, identifies trends.

**Breath2Relax:** 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