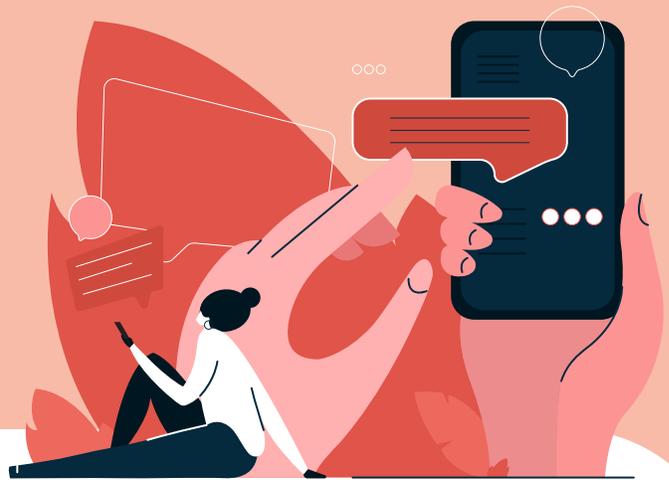


Mental Health APPS + WEBSITES



Did you know there are tons of apps and websites available to help support your mind in a variety of different ways? Below are some of the top applications and website that you can access on your phone or computer for free!



MY3

Designed to help stay safe while having thoughts of suicide, MY3 lets you customize a safety plan by noting warning signs, listing coping strategies, and connecting you to helpful resources when you need them most. At your fingertips is a button that puts you in immediate contact with a counselor from the National Suicide Prevention Lifeline as well as a 911 alert. Additionally, choose three people to contact if you are experiencing suicidal thoughts.



TEEN TALK

Teens can get support for whatever they may be dealing with from a trained teen. It is a safe, non-judgmental space where you can anonymously post your issue at any time. Teens can talk about anything from anxiety, depression, relationships, family issues, school or anything else that may be causing stress or worry. Don't bottle it up – reach out and talk to a Teen Talk peer!



MOODPATH

Complete Daily questions to assess your well-being and screen for symptoms of depression. The screening progress aims to increase awareness of thoughts, emotions, and feelings. After a 2 week period, the app generates an electronic document that can be discussed with a healthcare professional. More than 150 videos and psychological exercises are available to help understand your mood and strengthen your mental health.



SELF-HELP FOR ANXIETY MANAGEMENT

Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect an online community for additional support.



MINDSHIFT

Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.



HAPPIFY

Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.



PACIFICA

Pacifica helps teens break the cycle of ongoing negative thoughts by using tools that target stress, anxiety, and depression. The app consists of psychologist-designed tools based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation and mood/health tracking.



CALM

Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you.



North Central Health Care

Person centered. Outcome focused.