Mental Health Resources

Apps:

1. Calm: The app delivers meditations that can help you to destress, as well as breathing programs, music, and sounds from nature to relax your mind and body and promote better sleep.



1. Headspace: Headspace uses mindfulness and meditation to help you perform at your best each day. The app's mission is to provide you with the essential tools to achieve a happier, healthier life.



1. Moodpath: Moodpath asks daily questions in order to assess your well-being and screen for symptoms of depression. The screening progress aims to increase your awareness of your thoughts, emotions, and feelings.
2. Pacifica: Pacifica helps you to break cycles of unhelpful thoughts, feelings, and behaviors through methods such as CBT, mindfulness meditation, mood tracking, and relaxation.
3. Superbetter: The app will help you to adopt new habits, improve your skills, strengthen relationships, complete meaningful projects, and achieve lifelong dreams.



1. 7 Cups: It provides online therapy and emotional support for anxiety and depression.There are more than 160,000 trained listeners and licensed therapists who are available to anonymously speak with 24/7. Speak your mind and confide in listeners without the fear of being judged.
2. Happify: The app offers activities and games to improve your life satisfaction and ability to fight negativity. Your emotional well-being is calculated as a happiness score that you can improve upon each week.
3. Woebot: The app offers a way to think through situations with step-by-step guidance from Woebot using methods from CBT and learn about yourself with intelligent mood tracking.



1. What’s Up: What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!