

## Free Apps for Mental Wellness

Apps	About
<i>7 Cups: Online Therapy &amp; Chat</i>	- stress and depression counseling app - anonymous emotional support & counseling from trained active listeners
<i>7 Minute Workout: Fitness App*</i>	- home workout app
<i>BellyBio Interactive Breathing*</i>	- interactive breathing app
<i>Breathe2Relax</i>	- portable stress management tool which provides detailed information on the effects of stress on the body
<i>Calm</i>	- Sleep & meditation app
<i>CBT-I: Coach</i>	- health & fitness app for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who experienced symptoms of insomnia and would like to improve their sleep habits
<i>Colorfy: Coloring book for adults</i>	- paint and colorful drawings
<i>Happify: goals &amp; games*</i>	- for stress and wellness, activities and games can help you overcome negative thoughts, stress, and life's challenges
<i>Medisafe Medication Management</i>	- pill reminder app
<i>MINDBODY: Fitness, Salon &amp; Spa</i>	- get your sweat on & work on your beach body
<i>Mindshift-Anxiety Relief*</i>	- managing anxiety/mindfulness app
<i>My Friend Abby</i>	- visit <a href="http://myfriendabby.org">myfriendabby.org</a> , scroll down and subscribe to to "Sending Sunshine Texts"
<i>Operation Reach Out</i>	- suicide prevention for veterans & military personnel-includes videos and links
<i>Optimism*</i>	- a gratitude journal app
<i>Pigment (coloring book)*</i>	- a fun coloring & painting app-a great way to pass time and reduce stress & anxiety
<i>PTSD Coach</i>	- health and fitness-provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD
<i>Relax and Sleep Well Hypnosis</i>	- Meditation, Mindfulness, Calming app
<i>Relax+ with Andrew Johnson</i>	- mindfulness and mediation app
<i>Self-help for anxiety management</i>	- helping to manage anxiety app
<i>Stop Breathe Think; Meditation</i>	- Learn to meditate and be more mindful
<i>Take a Break! Meditations</i>	- Stress Relief & Relaxation You can enjoy the deep relaxation, stress relief and benefits of meditation now with this app
<i>The Now- Mindfulness Triggers</i>	- reminders to help you pause, reflect, and reflect on the present moment
<i>WEconnect Recovery</i>	- supports people in addiction recovery