

# Free Mental Health Cellphone Apps

Available on Apple iPhone  and Android 

## Woebot



A smart robot who checks in with you. Woebot provides tools using cognitive behavior therapy to help you feel better as you learn about yourself.



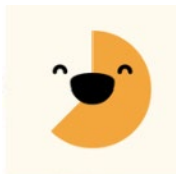
## Happify



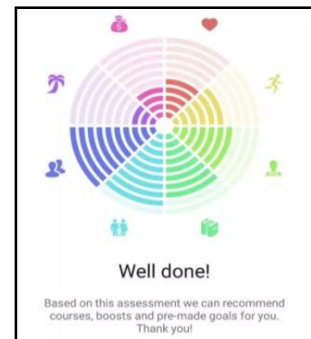
Activities and games that can help lower stress. It also has tools and programs to improve well-being.



## Remente



Tools to help make plans, set smart goals, and keep track of your daily tasks.



## UCLA Mindful



Meditation tips, guided meditations, and wellness meditations. It can help you practice mindfulness.

