Free Mental Health Cellphone Apps

Available on Apple iPhone Ć and Android 👘

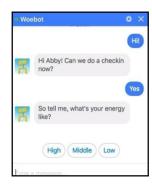




Woebot



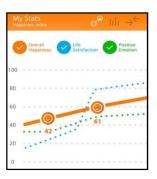
A smart robot who checks in with you. Woebot provides tools using cognitive behavior therapy to help you feel better as you learn about vourself.



Happify



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



Remente



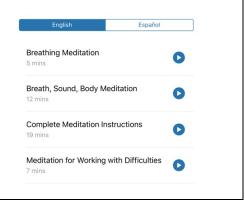
Tools to help make plans, set smart goals, and keep track of your daily tasks.



UCLA Mindful



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





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