

# Mental Health Cellphone Apps

Free on Apple iPhone  and Android 

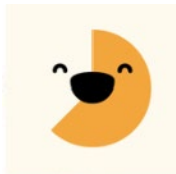
## Happify



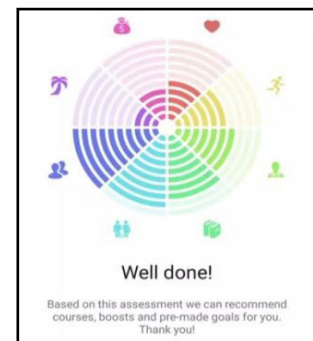
Activities and games that can help lower stress. It also has tools and programs to improve well-being.



## Remente



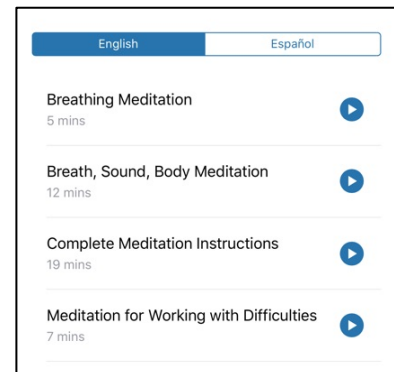
Tools to help make plans, set smart goals, and keep track of your daily tasks.



## UCLA Mindful



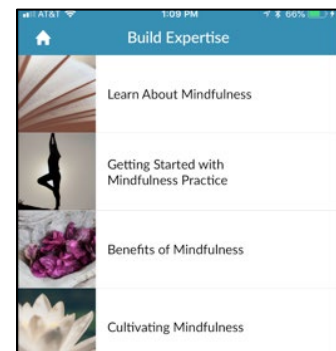
Meditation tips, guided meditations, and wellness meditations. It can help you practice mindfulness.



## Mindfulness Coach



Learn what mindfulness is. You can use guided meditations, and track your progress with different exercises.



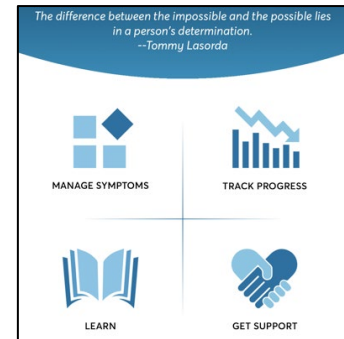
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## PTSD Coach



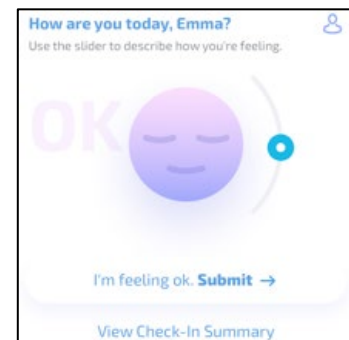
Information about post-traumatic stress disorder (PTSD), supportive tools, and self-help methods to help manage symptoms.



## Mindshift CBT (Anxiety Relief)



Uses cognitive behavioral therapy (CBT) to help lessen anxiety (feeling of fear and worry) or stress. Has tools to track your progress, daily check-ins, and mindfulness exercises.



## MyPossibleSelf: Mental Health



Provides tools such as mood trackers, journals, visual and audio exercises, and motivational messages to help manage mental health.

