

# Helpful Apps/Resources

*From the Wellness Center*

## OVERVIEW & PURPOSE

Phone apps are available for almost anything these days- including mental health support. There are many apps and resources out there designed to offer support to those who need it.

### Apps:

- Moodfit | Tools & Insight for Your Mental Health: Helps “shape” your mood. This app is designed to help you better understand your feelings and support you in feeling better.
- Headspace: Meditation and Sleep Made Simple: A meditation app designed to help one live mindfully.
- What's Up? - A Mental Health App on the App Store: This app will track habits and utilize activities to help break negative thought patterns.
- Calm - The #1 App for Meditation and Sleep: An app designed to support mental fitness and stress relief.
- SuperBetter on the App Store: A game designed to build resilience, achieve goals, and tackle challenges including anxiety, depression, stress, chronic pain, concussion recovery and more.
- Breathe2Relax on the App Store: Designed to help manage stress.

### Resources:

- <https://www.7cups.com/>: Connect to volunteers or licensed therapists for emotional support via chat and video.
- Talkspace Therapy & Counseling on the App Store: A therapy app that connects users with convenient, affordable, and confidential support.
- Mental Health & Wellbeing Guides For Young People: Support for those under 25 years old.

### Articles:

*Short Read: ADAA Review Mental Health Apps*

*ADAA Reviewed Mental Health Apps*

\*\*If you have any questions, please call the Wellness Center at (530) 280-2009.

<https://www.scfswellnesscenters.org/>

