

# ☺ USE YOUR PHONE TO BETTER YOUR MENTAL HEALTH ☺

## Apps for Mental Health



Stop, Breathe &  
Think



Calm



Happify



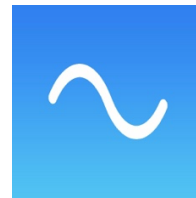
I Am Sober



Headspace



Lumosity



iBreathe



Recovery  
Record

## Apps for Healthy Distraction



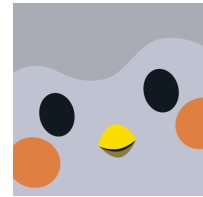
Pigment



Colorfy



Tappy



Finch

## Apps for Suicide Prevention



Suicide Safe



Suicide Safety  
Plan



Virtual Hope  
Box



Better Stop  
Suicide