

☺ USE YOUR PHONE TO BETTER YOUR MENTAL HEALTH ☺

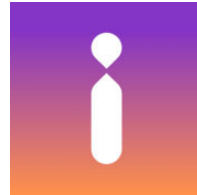
**Apps for Stress Relief**



Stop, Breathe & Think



Calm



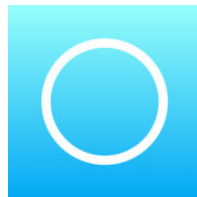
Inscapes



Simple Habit



Headspace



Aura



Relax Melodies



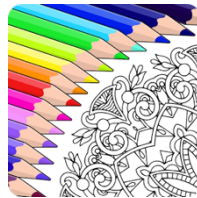
Stigma

Stigma

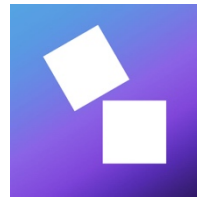
**Apps for Healthy Distraction**



Pigment



Colorfy



Blox



Mekorama

**Apps for Suicide Prevention**



Suicide Safe



Suicide Safety Plan



Virtual Hope Box



Stay Alive