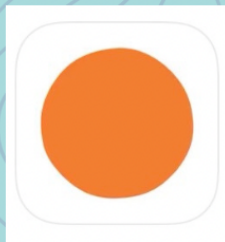
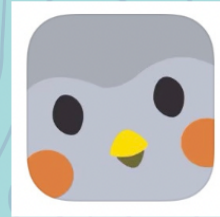


5 Apps for Mental Health

Finch. Finch is a self-care app that encourages you to take care of your mental and physical health with an adorable Finch widget. It includes breathing exercises, goal setting, a mood tracker and more!

1

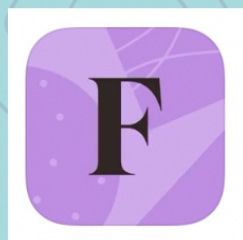
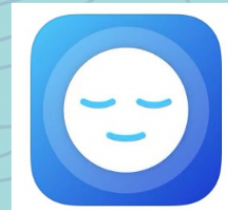


2

Headspace. Headspace is a mindfulness and meditation app that includes hundreds of guided meditations for stress, worry, sleep and more. Start with just 3 minutes per day!

Mindshift. This app is based on cognitive behavioral therapy and features a mood and symptom tracker, digital journal, and lessons on skills to reduce anxiety

3



4

Foundations. Foundations is an app focused on relaxation and getting better sleep. It includes audio and visual exercises, a place to capture & explore your thoughts, suggestions based on your mood, and more!

Woebot. Woebot is your new friend! This little robot was developed by mental health professionals to teach you skills to help with stress, sadness, procrastination, loneliness and more!

5

