

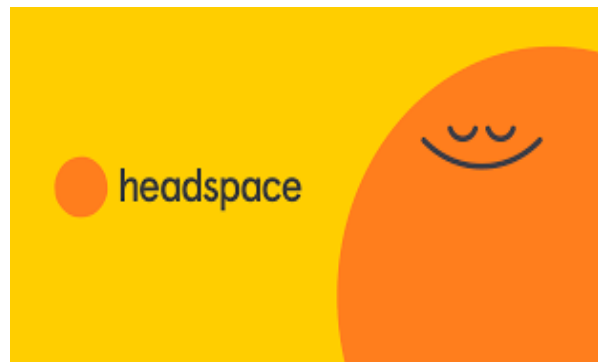
FREE DOWNLOAD APPS FOR STUDENTS

Mindfulness, Breathing Strategies, Stress Relief & Coping Skills

With **MY3**, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. Remember: there is hope and a life to look forward to, even in your darkest moments. MY3 can help you get through your most difficult times. Who are your 3? Is it your sister? Your therapist? Maybe even a neighbor down the street? Download MY3 to make sure that your 3 are there to help you when you need them most.



Headspace is your personal guide to health and happiness. It can help you focus, breathe, stay calm, and create the conditions for a better night's sleep by practicing meditation and mindfulness. Just download this free meditation, mindfulness, sleep app, then sit back and breathe to relax.



Calm is a meditation, sleep and relaxation app. Calm creates unique audio content that strengthens mental fitness and tackles some of the biggest mental health challenges of today: stress, anxiety, insomnia, and depression. The most popular feature on Calm is a 10-minute meditation called, 'The Daily Calm, that explores a fresh mindful theme and inspiring concept each day.



Calm Harm provides tasks to help you resist or manage the urge to self-harm. This app allows a passcode including a journal for personal entries. Calm Harm includes strategies to release, distract and calm down.



Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive! You can review all entries in the charts or the calendar



Stop, Breathe, Think teaches mindfulness and meditation to teens and empowers them to become more compassionate. It is perfect for when you're overwhelmed by intense emotions like anxiety, stress, sadness, or anger. When you notice intense feelings arise, you can turn to the app, and it guides you through the practice of stopping, calming your mind and body through breathing, observing your thoughts, and then participating in a short meditation.

Happier was created to be a "personal mindfulness coach," and to help you observe and regulate your emotions throughout the day while maximizing joy, peace, and happiness. It offers inspirational quotes, meditation exercises, a place to record things for which you're grateful and courses on happiness and well-being





What's Up is based on the principles of cognitive-behavioral therapy, was created to help people struggling with depression. It can also help those who are dealing with anxiety, stress, anger, and other issues, as it helps to identify thought patterns that lead to negative feelings and offers up alternate ways of thinking during tough times. It offers features like relaxing breathing techniques, a journal to keep track of thoughts and moods, guided exercises to help you feel grounded, and other inspirational materials.

Insight Timer has an insanely huge library of content: over 25,000 guided meditations from around 3,000 teachers on topics like stress, relationships, creativity, and more. If you prefer a quieter meditation, you can always set a timer and meditate to intermittent bells or calming ambient noise.

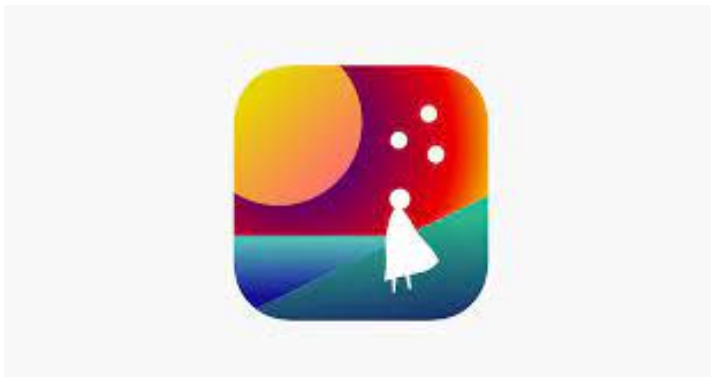
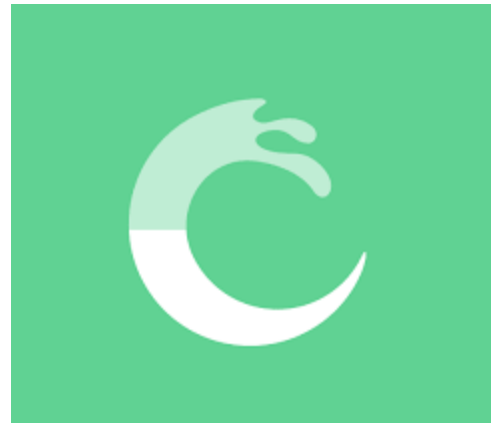


Learn how to de-stress and sleep better in just minutes a day with a personal mindfulness coach. **Breethe's** guided meditation series, inspirational talks, and master classes from mindfulness coach Lynne Goldberg will help you better navigate life's challenges and enjoy improved peace of mind. The app's sleep music playlists, nature sounds, and bedtime readings teach you how to enjoy more restful sleep.



Smiling Mind: Mindfulness meditation app developed by psychologists and educators to help bring balance to your life. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind.

Pacifica is a health and wellness app with a focus on stress; anxiety; and depression. The app features audio exercises that focus on meditation; deep breathing; and similar activities. ... Other features include a mood tracker; daily challenges; goal tracking; and a health tracker.



Fabulous Self Care **Fabulous** will help increase your energy levels, be more focused, lose weight and sleep better by building healthy habits and routines in your life.



MindShift CBT is a free self-help anxiety relief app that helps you reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.



Feeling Good Teens offers Positive Mental Training audio programmes for 10 to 15-year-olds to develop self-esteem, resilience and goal-focused motivation.

HappiMe for Young People

Goal is to help users change negative thoughts to help them better cope with life's ups and downs.



SuperBetter builds resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.

SUPERBETTER

Moodnotes - a super easy mood tracker & journaling app to capture your mood and help you improve your thinking habits.

