

Useful Apps

- ❖ Calm
- ❖ Breakup Shakeup
- ❖ Smiling Mind
- ❖ Happify
- ❖ Treat Ap
- ❖ Remente
- ❖ What's Up?
- ❖ Stop, Breathe & Think
- ❖ Daybreak
- ❖ Pacifica



- ❖ Headspace Inc.
- ❖ Daylio
- ❖ Calm Harm
- ❖ Chats for Life
- ❖ Moodpath
- ❖ PAUSE
- ❖ Self-help for Anxiety Management (SAM)
- ❖ 7 Cups
- ❖ Buddhify