

Useful Applications for Well-being and Mental Health

The applications in this flyer are useful tools to help guide and remind you to practice self-care. Ten minutes each day can make a big difference for your physical and mental health. Browse the applications and click/scan the QR codes to download your favorite.



How to Install Applications?

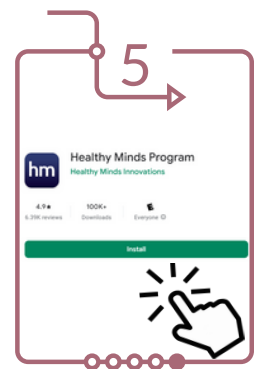
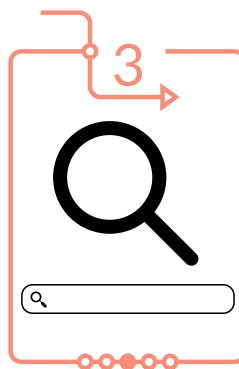
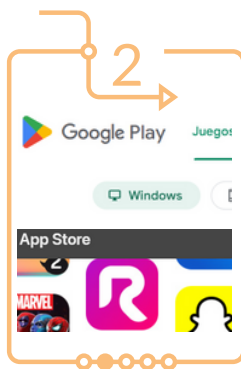
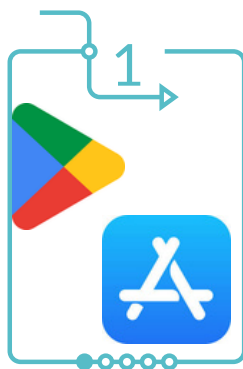
Find the app store on your device

Open the app store







Find the application




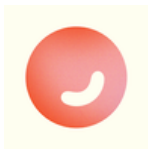





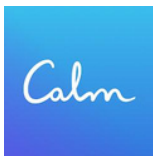





Select the application

Download the application



Applications for Mental Health

Application	Android	IOS
 <p>Healthy Minds Program App: 🙌</p> <p>This app is designed to improve mental well-being by offering guided meditations, mindfulness exercises, and activities aimed at enhancing focus, reducing stress, and fostering emotional health.</p>	 <p>Link</p>	 <p>Link</p>
 <p>Insight Timer</p> <p>A popular meditation and mindfulness app that offers a vast library of guided meditations, music tracks, and talks from renowned teachers.</p>	 <p>Link</p>	 <p>Link</p>

Application	Android	IOS
 <p><u>Happify</u> Overcome negative thoughts, stress, and life's challenges. Happify brings you effective tools and programs to help you take control of your feelings and thoughts.</p>	 Link	 Link
 <p><u>Happier</u> This app is designed to help users improve their mental well-being and mindfulness. The app offers a variety of guided meditations, practical teachings, and mindfulness techniques aimed at making meditation accessible and beneficial for everyone, regardless of experience level.</p>	 Link	 Link
 <p><u>Spiral Up!</u> The Spiral Up! app is a neuroscience-based tool designed to help users process emotions and release stress quickly and effectively.</p>	 Link	 Link
 <p><u>Calm</u> The Calm app is designed to help users reduce stress and anxiety, improve sleep, and enhance overall well-being through a variety of mindfulness and relaxation tools.</p>	 Link	 Link
 <p><u>BetterSleep</u> BetterSleep is an app designed to help users improve their sleep quality through a variety of features. It offers a range of customizable soundscapes, sleep stories, and guided meditations to help users relax and fall asleep more easily.</p>	 Link	 Link

These applications do not replace or substitute professional care. It is important to seek appropriate help if you suffer from mental health concerns.
Visit the [SAMHSA](https://www.samhsa.gov) website or call 1-800-662-4357 for more information.

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