GUIDE TO SELF-HELP APPLICATIONS
For Apple and Android devices.

MINDFULNESS and STRESS-REDUCTION

- Calm: Meditation
- Headspace
- Stop, Breathe & Think: Meditation and Mindfulness
- Universal Breathing - Pranayama
- Breathe2Relax
- Tactical Breather
- Lotus Bud Mindfulness Bell
- Insight Timer
- Complete Relaxation: Guided Meditation for Anxiety
- Worry Box - Anxiety Self Help
- Virtual Hope Box
- MY3 - Suicide Prevention
TEST ANXIETY

- Exam Support with Andrew Johnson

SLEEP

- Calm: Sleep Stories
- Sleep Cycle Alarm Clock
- Sleep Pillow Sounds
- Nature Sounds Relax and Sleep
- Cognitive Behavioral Therapy for Insomnia (CBT-I)

MOOD and BEHAVIOR TRACKERS

- Optimism
- T2 Mood Tracker
- MoodTools—Depression Aid

GENERAL WELLNESS

- Coach.me—Goal Tracking, Habit Building & Motivational Coaching