



Learn how to relax, manage stress, and focus your energy to become more centered and well rested. Create a calm and positive environment with Headspace.



Learn how to overcome anxiety, relax, and change thoughts, behaviors, and releasing emotions with Clear Fear.



Worries about self-harm? Calm Harm provides tasks to help you resist or manage the urge to self-harm.



Self-help for anxiety management (SAM).



Happyfeed is a gratitude journal app that helps you reflect on good things each day. Create a private diary filled with happy memories, or join a group.



Calm is an app focused on teaching techniques for sleep and stress reduction through breathing programs, stretching exercises, sleep stories & relaxing music.

Mental Health Toolbox

Everyone needs some tools in their toolbox when they are feeling stressed or overwhelmed. Check out these apps!



Scan the Linktree QR Code for direct access to the apps

