There’s an App for That!

SANVELLO
Tools for self-care and stress relief, such as mood tracking & clinically validated techniques for feeling better:
Peer Support, Coaching & Therapy

HAPPIFY
Filled with activities that help overcome negative thoughts & stress. Takes you on a mental health journey, with videos & games to improve positivity.

SMILINGMIND: MEDITATION

HEADSPACE
This app uses mindfulness and meditation to help you build healthier relationships, reduce stress, and promote a calm feeling.

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There's More Apps for That!

**CALM HARM**
This app provides tasks that help you track and resist self-harm urges.

**notOK**
Acts as a “digital panic button” to help you easily and quickly reach out for support from trusted contacts. Also features local warm lines and Crisis Text Line.

**WYSA**
Connect with AI chatbots to relieve stress & learn coping skills. Self-care activities & “SOS” section provides crisis helplines and safety plan.

**TALKSPACE**
Be matched with a list of therapists online. Also allows you to change therapists, so that you can find the one that is the right fit for you.

Listed Apps = Available for both iPhone & Droid

Scan For More >

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