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

**SMILING MIND: MEDITATION**
Mindfulness & Positive Psychology. A leading digital-led, prevention-focused mental health app. Guided trainings to reduce stress & improve mental health

**ME+ DAILY PLANNER**
Create routines for self-care activities and other healthy habits to help stay on track to meet your goals. Get friendly reminders and improve your well-being

**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

**notOK**
Press the “notOK” button to easily & quickly reach out for support from trusted contacts. Also features local warm lines and Crisis Text Line

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

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

All Listed Apps:
Available for both iPhone & Droid
Scan For More >

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