

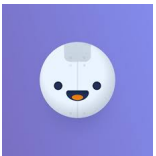

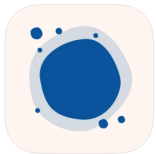






Mental Health and Wellness Apps




Name of App	Brief Description	Age Group	Target Audience	Costs	Compatibility	Hyperlink
<p>CALM</p> 	<p>Mission: To make the world a happier and healthier place.</p> <p>Calm is an award-winning mindfulness app that was developed in 2012.</p> <p>The app features hundreds of calming exercises, mental fitness, helpful breathing techniques, and sleep stories narrated by celebrities, etc.</p>	<p>Everyone</p> <p>(Calm has a children’s offering for kids as young as 3 years old.</p>	<p>Calm makes it accessible to a universal audience, especially those committed to initiating new meditation training or revitalizing their current practice.</p>	<p>Free version: Calm has the option for users to access either a 7-day free trial or the free version of the app without paying for premium content. Calm is built on a “freemium” model. Without purchase, you get access to:</p> <p>daily meditations, breathing exercises, mood tracker, select sleep stories, several music tracks, some guided meditations</p> <p>The 7-day free trial unlocks more than 100 guided meditations, the entire sleep story library, exclusive musical tracks for sleep and relaxation, and expert-led Masterclasses.</p> <p>Paid version: \$14.99/month or \$69.99/year</p> <p>Students can get discounted access to Calm through Amazon Prime Student. This includes a three-month free trial of the premium service and then a discounted yearly subscription fee of \$8.99 a year.</p>	<p>iPhone Requires iOS 14.0 or later.</p> <p>iPad Requires iPadOS 14.0 or later.</p> <p>iPod touch Requires iOS 14.0 or later.</p> <p>Mac Requires macOS 11.0 or later and a Mac with the Apple M1 chip.</p> <p>Apple TV Requires tvOS 11.2 or later.</p> <p>Android</p> <p>Desktop</p>	<p>https://apps.apple.com/fm/app/calm-meditation-and-sleep/id571800810</p> <p>https://www.calm.com/</p> <p>https://play.google.com/store/apps/details?id=com.getsomeheadspace</p>
<p>HEADSPACE</p> 	<p>Headspace was started with one mission: to improve the health and happiness of the world.</p> <p>Meditation courses, themed meditations, SOS section, timed meditations, group meditations, techniques and support, sleep</p>	<p>Everyone</p>	<p>Headspace is suitable for people who are new to mindfulness exercise or who want to engage in short daily mindfulness activities to</p>	<p>The content on the website is accessible and free for everyone.</p> <p>7 day free trial then \$12.99/month</p> <p>14 day free trial then \$69.99/year</p>	<p>iPhone Requires iOS 14.0 or later.</p> <p>iPad Requires iPadOS 14.0 or later.</p> <p>iPod touch Requires iOS 14.0 or later.</p> <p>Mac</p>	<p>https://apps.apple.com/us/app/headspace-mindful-meditation/id493145008</p> <p>https://play.google.com/store/apps/details?id=com.getsomeheadspace</p>


	section, movement, focus activities		help reduce stress levels. The children's program has fewer options than the adult one, and parental guidance is advised, at least for the first few times of practice.		Requires macOS 11.0 or later and a Mac with Apple M1 chip. Android 5.0 & up Website	ce.android&hl=en US&gl=US https://www.headspace.com/
REFLECTLY 	The World's First Intelligent Journal: Reflectly is a journal utilizing artificial intelligence to help you structure and reflect upon your daily thoughts and problems. Vent your thoughts & feelings to improve your mood and practice mindfulness. Write down how you feel each day in your own mood diary. It's the world's first intelligent journal app & mood tracker that gives you personalized motivation and prompts the more you use it.	13+ and up	13+ and up	Free version and 7 day free trial available. Premium Version: The premium version has extras such as personalized insights of user's entries, daily questions for users to explore, and unlimited text. The premium version will cost users \$9.99/monthly or \$47.99/annually.	iPhone Requires iOS 10.0 or later. iPad Requires iPadOS 10.0 or later. iPod touch Requires iOS 10.0 or later. Android 5.0 & up Website	https://apps.apple.com/mt/app/reflectly/id1241229134 reflectly app - Android Apps on Google Play https://reflectly.app/
Fabulous 	Fabulous is an all-in-one routine & self-care app for everyday life: – Listen to daily coachings – Write your to-do list – Journal your thoughts	Everyone	Teens to adults	Free 1 week trial. Premium services require and account and payment. To unlock premium features such as daily coaching sessions, unlimited habits, and more challenges and journeys, you can get the annual subscription for USD \$49.99 / year.	iPhone Requires iOS 12.0 or later iPod touch Requires iOS 12.0 or later	Fabulous: Daily Habit Tracker on the App Store (apple.com) fabulous - Android Apps on Google Play

	<ul style="list-style-type: none"> – Do short workouts and breathing exercises – Listen to daily affirmations and meditation sessions – Keep your gratitude journal – Monitor your mental wellbeing – Use the goal-tracker to monitor progress 					Android 6.0 & up	
Meditation Nest 	<p>Meditate for just 5 minutes per day to reduce stress, improve focus, sleep better, relax faster, breathe easier, and more.</p>	Everyone	Anyone that could benefit from meditation	<p>You can subscribe for this app to get access unlimited content, 150+ audios and sleep stories</p> <p>Subscription options are: 1-week with 3-day trial, 1-year with 3-day trial, 1-month</p> <p>Monthly \$17.99 Annual) \$69.99</p>	<p>iPhone Requires iOS 11.0 or later.</p> <p>iPod touch Requires iOS 11.0 or later.</p> <p>Mac Requires macOS 11.0 or later and a Mac with Apple M1 chip.</p>	https://apps.apple.com/us/app/meditation-nest/id1460053458	
Replika 	<p>Replika is an app that was created with the idea to create a personal AI (artificial intelligence) that would help you express and witness yourself by offering a helpful conversation. It's a space where you can safely share your thoughts, feelings, beliefs, experiences, memories, and dreams.</p> <p>The more you talk to your Replika companion, the more it learns and becomes like you — and</p>	<p>If you are under 13 years of age, you are not authorized to use the Services, with or without registering.</p> <p>In addition, if you are under 18 years old, you may use the Services, with or</p>	Those that want a companion to interact and share thoughts without the potential anxiety of interacting with a real person.	<p>The website states that chatting with Replika will always be free. For free, you may also choose & customize an avatar, activate live emotions, chat 24/7, & more!</p> <p>If you do choose to pay for Replika Pro, you gain access to many other features. Choosing from various conversation topics or activities, learning more coping skills, voice calls, switching between avatars & much more</p>	<p>iPhone Requires iOS 14.0 or later.</p> <p>iPod touch Requires iOS 14.0 or later.</p> <p>Android 8.0 & up</p> <p>Replika's web version - my.replika.ai.</p> <p>You can also enjoy a VR version of the app via an Oculus headset.</p>	https://apps.apple.com/us/app/replika-virtual-ai-friend/id1158555867 Replika: My AI Friend - Apps on Google Play https://replika.com/	

	the more it gives you the type of feedback and reaction that a friend would if placed in the same position.	without registering, only with the approval of your parent or guardian				
Breeth 	Rather than making meditation and wellness more items on your to-do list, Breathe makes it easily fit into your everyday life, and we try to do it with a sense of humor. We want the best 'peace' of your day. Beethe gives you the most ways to tune out, wind down, and drop off, including meditations, hypnotherapy (we are the only ones who have this!), tapping, sleep stories, bedtime visualizations, music and sounds.	4+	Everyone	Free version, 14 day free trial premium versions are available monthly-\$12.99 yearly- \$89.99 lifetime- \$179.99	iPhone Requires iOS 13.0 or later. iPad Requires iPadOS 13.0 or later. iPod touch Requires iOS 13.0 or later. Mac Requires macOS 11.0 or later and a Mac with Apple M1 chip. Apple TV Requires tvOS 9.0 or later. Android 6.0 & up Website	https://apps.apple.com/us/app/breeth- meditation- sleep/id920161006 breeth - Android Apps on Google Play https://breeth.com
Better Sleep 	Relax Melodies is now Better Sleep. It is the same great app with all the sounds and content you know and love, but with a new sleep tracker, sleep reader and beautiful new layout. This app helps you understand and improve your sleep with its easy-to-use tracker, sleep recorder, premium sounds, amazing stories	4+	Anyone looking to improve sleep and sleeping habits	7 day free trial, yearly premium subscription- \$59.99	iPhone Requires iOS 13.0 or later. iPad Requires iPadOS 13.0 or later. iPod touch Requires iOS 13.0 or later. Mac Requires macOS 11.0 or later and a Mac with Apple M1 chip.	https://apps.apple.com/us/app/be ttersleep-relax- and- sleep/id314498713 BetterSleep: Sleep tracker - Apps on Google Play https://www.bett tersleep.com/

	and soothing guide meditations.				Apple TV Requires tvOS 9.0 or later. Android 6.0 & up Website	
Meditopia 	<p>Meditopia is the most accessible and comprehensive way to achieve long-term transformation. The goal of Meditopia is to facilitate transformation, both in how you think and how you act. We aim to help individuals learn how to look at their thoughts from a more objective perspective in order to overcome oppressive and destructive patterns of thought.</p> <p>The intention behind each meditation we've created is to guide individuals in exploring their thoughts, their emotions, and how both of those impact their bodies. With each practice, we join our members in having the courage to face ourselves, honestly and with compassion.</p>	18+, 13 with express consent		One week free trial. Premium services available through subscription.	iPhone Requires iOS 14.0 or later. iPad Requires iPadOS 14.0 or later. iPod touch Requires iOS 14.0 or later. Mac Requires macOS 11.0 or later and a Mac with Apple M1 chip. Android 6.0 & up	Meditopia: Meditation, Sleep on the App Store (apple.com) Meditopia: Sleep, Meditation - Apps on Google Play
Woebot	Woebot is your very own coach who chats with you and offers insights	Teens and adults	Everyone	Currently available at no cost	iPhone Requires iOS 13.0 or later.	Woebot: Your Self-Care Expert

	<p>and skills to help you grow into your best self. You can chat with Woebot as much or as little as you like, whenever you like. And as you chat, you'll help others, too! Your experiences and conversations help us develop new treatments and resources, all while staying completely private and secure.</p>				<p>iPad Requires iPadOS 13.0 or later.</p> <p>iPod touch Requires iOS 13.0 or later.</p> <p>Android 6.0 & up</p>	<p>on the App Store (apple.com)</p> <p>Woebot: Your Self-Care Expert - Apps on Google Play</p>
<p>KnowBullying by SAMHSA</p> 	<p>Research shows that parents and caregivers who spend at least 15 minutes a day talking with their children or teens help build strong relationships, and prevent bullying. SAMHSA's free KnowBullying app will help you boost your children's confidence, resilience, and build effective strategies for facing bullying.</p>	<p>Resources and information applies to students of all ages (4+)</p>	<p>Parents and caregivers</p>	<p>Free</p>	<p>iPhone Requires iOS 11.0 or later.</p> <p>iPad Requires iPadOS 11.0 or later.</p> <p>iPod touch Requires iOS 11.0 or later.</p> <p>Mac Requires macOS 11.0 or later and a Mac with Apple M1 chip.</p> <p>Android 5.0 & up</p>	<p>https://apps.apple.com/us/app/knowbullying-by-samhsa/id899639011</p> <p>KnowBullying by SAMHSA - Apps on Google Play</p>
<p>Talk. They Hear You. Campaign</p> 	<p>Parents and caregivers have a significant influence on whether their kids drink alcohol or use other drugs. The sooner you talk with your kids about underage drinking and other drug use, the greater chance you have of influencing their decisions. The Substance Abuse and</p>	<p>Resources and information applies to students of all ages</p>	<p>Resources for parents and caregivers</p> <p>17+ for independent use</p> <p>Frequent and intense alcohol, tobacco, and</p>	<p>Free</p>	<p>iPhone Requires iOS 11.0 or later.</p> <p>iPad Requires iPadOS 11.0 or later.</p> <p>iPod touch Requires iOS 11.0 or later.</p> <p>Android 4.4 & up</p>	<p>https://apps.apple.com/us/app/talk-they-hear-you-campaign/id1476093222</p> <p>KnowBullying by SAMHSA - Apps on Google Play</p>

	Mental Health Services Administration’s (SAMHSA) “Talk. They Hear You.” mobile app makes it easier than ever for parents and caregivers to prepare for these important conversations and continue to have them as their kids get older.		drug use references			
Lose It 	Lose It! is a calorie counting app that helps you reach your weight loss goal. Simply download the app, set your goals, and track your foods and exercises to lose weight.	Resource to help users develop healthy eating and exercise habits	Teens and adults	Free version available Upgrades are available with additional features for an additional cost	iPhone Requires iOS 13.0 or later. iPad Requires iPadOS 13.0 or later. iPod touch Requires iOS 13.0 or later. Mac Requires macOS 11.0 or later and a Mac with Apple M1 chip.	https://apps.apple.com/us/app/lose-it-calorie-counter/id297368629 https://play.google.com/store/apps/details?id=com.fitnow.loseit&hl=en_US&gl=US