











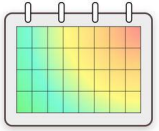







Mental Health Apps for Adolescents

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|  <p>SANFORD SEL: IMPROVE COMMUNICATION, COOPERATION, AND CONFLICT RESOLUTION USING STORIES, TEAM-BUILDING EXERCISES, AND PEER INTERACTIONS</p> |  <p>THOUGHT CHALLENGER: GAIN CONTROL OF HOW YOU FEEL AND WHAT YOU DO BY CHALLENGING UNHELPFUL THOUGHTS</p> |  <p>CALM HARM: MANAGE SELF-HARM WITH TASKS THAT HELP YOU RESIST OR COPE WITH THE URGE TO SELF-HARM</p> |  <p>BE OKAY: COPE WITH ANXIETY AND PANIC ATTACKS THROUGH CALMING TECHNIQUES (IOS ONLY)</p> |  <p>STOP, BREATHE & THINK: FOLLOW ALONG WITH GUIDED MEDITATION TAILORED TO YOUR EMOTIONS TO HELP REDUCE STRESS & ANXIETY</p> |  <p>REFLECTLY: MOOD/THOUGHT TRACKING AND JOURNAL</p> |
|  <p>PACIFICA FOR STRESS & ANXIETY: ADDRESS STRESS & ANXIETY WITH COGNITIVE BEHAVIORAL THERAPY, MINDFULNESS MEDITATION, RELAXATION, AND MOOD/HEALTH TRACKING (IOS ONLY)</p> |  <p>MOODS: TRACK MOODS TO HELP IDENTIFY TRIGGERS AND PATTERNS IN MOOD FLUCTUATION (IOS ONLY)</p> |  <p>MOODNOTES: TRACK YOUR MOOD OVER TIME, AVOID COMMON THINKING TRAPS, AND DEVELOP PERSPECTIVES ASSOCIATED WITH INCREASED HAPPINESS AND WELL-BEING (IOS ONLY)</p> |  <p>MOOD COACH: TRACK YOUR MOOD, THEN PRACTICE SELECTING AND SCHEDULING REWARDING ACTIVITIES (IOS ONLY)</p> |  <p>DARE: MANAGE ANXIETY SYMPTOMS THROUGH DARE CHALLENGES</p> |  <p>HEADSPACE: MINDFULNESS, MEDITATION DARE: MANAGE ANXIETY SYMPTOMS THROUGH DARE CHALLENGES</p> |
|  <p>YEAR IN PIXELS: USE COLOR TO TRACK YOUR MOOD THROUGHOUT THE YEAR</p> |  <p>AURA: CALM ANXIETY & STRESS THROUGH MINDFULNESS</p> |  <p>MY3: STAY CONNECTED TO YOUR NETWORK WHEN YOU ARE IN A TIME OF CRISIS</p> |  <p>VIRTUAL HOPE BOX: USE SIMPLE TOOLS TO HELP WITH COPING AND POSITIVE THINKING</p> |  <p>BOOSTER BUDDY: MANAGE GENERAL MENTAL HEALTH WITH COPING SKILLS AND SELF-CARE ROUTINES</p> |  <p>YOGA FOR BEGINNERS: QUICK AND SIMPLE YOGA WORKOUTS</p> |