



Leveraging Technology to Support Students' Mental Health Needs: Of Course There's an App for That!

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Name/Icon	Features	Cost/Considerations
 Apple Watch		
 Not OK		
 I Won't Be Silent		
 A Friend Asks		
 Virtual Hope Box		
 Colorfy		



Happify
Happify



MyOasis



Shine



Super Better



Think Up



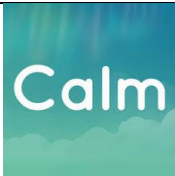
Headspace



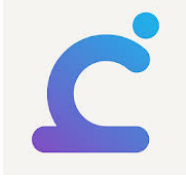
MindfulnessU



Calm



Calm in the Storm



Calm Harm



Breathe2Relax



Stop, Breathe, and Think



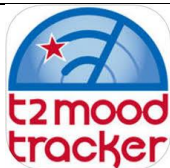
Breathr



Mood Tools



Moods



Mood Tracker



Moodtrack



Mood Path



Daylio



Mood App



eMoods



Mindshift



Pacifica



Anxiety Helper



Card and Skills Coach



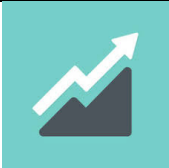
DBSA Wellness Tracker



DBT Companion



RR



Rise Up



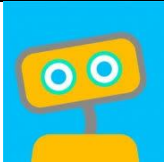


Medisafe



Youper

For a bit younger crew...

Name/Icon	Features	Cost/Considerations
 <p data-bbox="183 401 492 428">Stop, Breathe, Think Kids</p>		
 <p data-bbox="248 611 425 638">Booster Buddy</p>		
 <p data-bbox="240 816 438 844">Mindful Powers</p>		
 <p data-bbox="248 1010 425 1037">Moshi Twilight</p>		
 <p data-bbox="212 1215 466 1243">Mindfulness for Kids</p>		
 <p data-bbox="256 1451 418 1478">Smiling Mind</p>		
 <p data-bbox="264 1644 410 1671">Cosmic Kids</p>		
 <p data-bbox="232 1833 448 1860">Positive Penguins</p>		

 Woebot		
 Meditation		
 DreamyKid		

App Ideas/Notes