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| **Leveraging Technology to Support Students’ Mental Health Needs:**  **Of Course There’s an App for That!**  **Presented by: Melissa Jones-Bromenshenkel, Eastern Illinois University** [**mljones2@eiu.edu**](mailto:mljones2@eiu.edu)  **Sophia Jones, High School Senior, Charis Christian Academy** | | |
| **Name/Icon** | **Features** | **Cost/Considerations** |
| **Apple Watch** |  |  |
| **Not OK** |  |  |
| **I Won’t Be Silent** |  |  |
| **A Friend Asks** |  |  |
| **Virtual Hope Box** |  |  |
| **Colorfy** |  |  |
| **Happify** |  |  |
| **MyOasis** |  |  |
| Image result for shine app image  **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** |  |  |
| **Calm Harm** |  |  |
| **RR** |  |  |
| **Rise Up** |  |  |
| **Medisafe** |  |  |
| **Youper** |  |  |

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| **For a bit younger crew...** | | |
| **Name/Icon** | **Features** | **Cost/Considerations** |
| **Stop, Breathe, Think Kids** |  |  |
| **Booster Buddy** |  |  |
| **Mindful Powers** |  |  |
| **Moshi Twilight** |  |  |
| **Mindfulness for Kids** |  |  |
| **Smiling Mind** |  |  |
| **Cosmic Kids** |  |  |
| **Positive Penguins** |  |  |
| **Woebot** |  |  |
| **Meditation** |  |  |
| **DreamyKid** |  |  |

**App Ideas/Notes**