Stop, Breathe, Think

stopbreathethink.org

Develop and apply kindness & compassion in daily life

Headspace

Headspace.com

Meditation & mindfulness techniques to manage stress & anxiety & become happier overall. Features ability to track & reward yourself & a buddy system to stay motivated & help others

Mindbloom

Mindbloom.com

Combine your favorite photos and music into inspirational blooms & use them as reminders to take small steps towards the life you want. Send personalized blooms to inspire friends & family

Pacifica

Thinkpacifica.com

Manage stress, live happier. Daily tools for stress & anxiety with a supportive community. Based on CBT & meditation

Lantern

Golantern.com

A personalized experience to evaluate your strengths & areas of improvement.
1:1 coaching that gives daily exercises & a professional coach to help you achieve goals

Moody Me

Helps you track your mood to help you figure out what makes you feel good! Track what makes you sad, add details about what is happening when your mood shifts. Helps you capture & track data to detect patterns in your mood & understand factors that create them

Mindshift

Anxietybc.com

Designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.
MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

Sleepio

Sleepio.com

Cognitive Behavioral Therapy, or 'CBTi' for short, trains people to use techniques that address the mental (or cognitive) factors associated with insomnia, such as the 'racing mind', and to overcome the worry and other negative emotions that accompany the experience of being unable to sleep.

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