



Stop, Breathe & Think



Calm

WELLNESS APPS



Youper



Moodpath



Mindshift



Self-Help Anxiety
Management



Tide



WellTrack



Stop, Breathe & Think is a free mindfulness, meditation, and compassion building app where you can emotionally check-in on how you are thinking and feeling with tailored meditations.



Calm is a mental health app that can help you relax, meditate and fall asleep easier.



Youper is a mental health app where you can monitor and improve your emotional health via talks based on therapy techniques or mindfulness.



Moodpath is a mental health app that you can customize to help you manage anxiety, depression, and stress.



Mindshift uses CBT strategies to help you learn to relax and be mindful, develop more effective ways of thinking, and uses active steps to take charge of your anxiety.



Self-Help Anxiety Management is an app that provides you with a symptom tracker, educational articles, relaxation techniques, and coping skills for managing anxiety.



Tide helps you relieve stress, stay focused, relax with mindfulness, and better sleep at night



WellTrack is a self-help program that you can use to address stress, anxiety, and depression including videos, relaxation, exercise, mood tracking tools, and written exercises.

Be Well, Be Mindful, Be Present & Breathe!!

The JTHS Counseling Department