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.

Woebot
Woebot.io
Think through situations with step-by-step guidance using methods from Cognitive Behavioral Therapy (CBT). Learn about yourself with intelligent mood tracking. Get over 150+ evidence-based lessons, exercises, and stories from Woebot's clinical team.

Adapted, in part, with permission from the New York Film Academy Counseling Center