

# Free Mental Health Apps

Available on Apple iPhone  and Android 



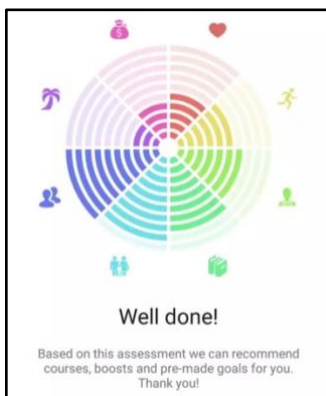
## Woebot

Woebot is a smart “robot” who checks in with you. Woebot provides tools from Cognitive Behavior Therapy to help you feel better while learning about yourself.



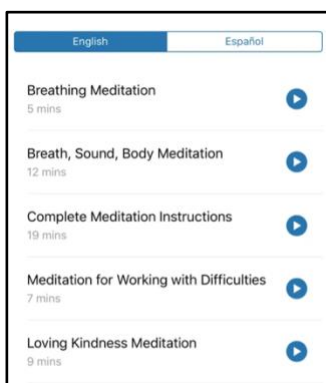
## Happify

Happify has activities and games that can help lower stress. It also has tools and programs to improve well-being.



## Remente

Remente has tools to help make plans, set smart goals, and keep track of your daily tasks.



## UCLA Mindful

UCLA Mindful has meditation tips, guided meditations, and wellness meditations. It can help you practice mindfulness.