Assess your mental health, track and reflect, and improve!

Discover and share uplifting quotes and messages with family and friends.

Using mindfulness a few minutes daily to get happy, stress less, and sleep soundly.

Express how you really feel, get support from others, and react to others' emotions.

Log your mood & add daily activities.

This resource was compiled by Ashley Greivenkamp and Katherine Slater (Doctor of Occupational Therapy, Class of 2020)