

# APPS FOR MENTAL HEALTH NEEDS



## MOODPATH

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



## REMENTE-SELF-IMPROVEMENT

Uses goal-setting, daily planner, life assessment, mood journal, & courses



## MOTIVATION-DAILY QUOTES

Discover and share uplifting quotes and messages with family and friends



## VENT - EXPRESS YOUR FEELINGS

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



## CALM - MEDITATION AND SLEEP STORIES

Guided meditation, sleep stories, breathing programs, stretching exercises, and relaxing music



## YOUPER

Chat with an AI Emotional Health Assistant & take control of emotional health



## STOIC. MENTAL HEALTH TRAINING

Mental exercises & fragments from books to help you feel better & face obstacles



## DAYLIO JOURNAL

Log your mood & add daily activities



## WYSA - MENTAL HEALTH SUPPORT

Uses CBT and DBT techniques, yoga, and meditation to support depression, stress, & anxiety



## HEADSPACE

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

This resource was compiled by Ashley Greivenkamp and Katherine Slater  
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