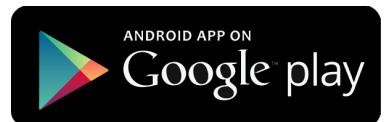


# APPS

## for wellness & recovery



### Depression & Anxiety



#### Pacifica

Mood, health and goal tracker. Community support. Hope board.



#### Mind Shift

Teen & young adult coping mechanisms, tools for anxiety & depression.



#### T2 Mood Tracker

Monitor your mood, emotional health and feeling patterns.



#### DBSA Wellness Tracker

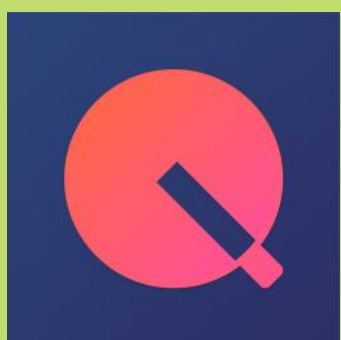
Better recognize potential mood triggers in your daily life.

### Substance Use



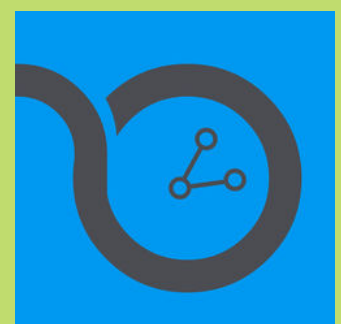
#### Sober Grid

Social network to locate others in your area who have similar substance use issues.



#### LiveStrong My Quit Coach

Support for smoking cessation.



#### Nomo

Sobriety "clock" used to track how many days it has been since you last used, plus how much money & time saved by being sober. Includes daily encouragement and tools to refocus.

### Meditation & Mindfulness



#### Headspace

Meditation and mindfulness techniques.



#### Virtual Hope Box

Simple tools for coping, relaxation, distraction, and positive thinking.



#### Mindful Gnats

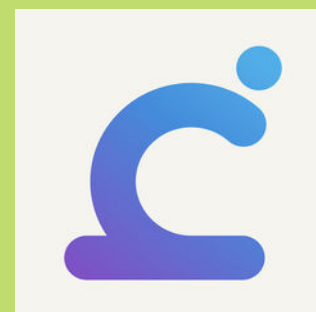
Basic relaxation and mindfulness skills for youth.

### Suicide & Harm Prevention



#### My3

Contacts for who to call for support. Safety plan. Suicide helpline.



#### Calm Harm

Provides tasks to help you resist or manage the urge to self-harm. Also good for distraction, release and expressing yourself when feeling overwhelmed.



**AllHealth**  
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Updated May 2018



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844-493-TALK (8255)  
OR TEXT TALK TO 38255