

## FREE APPS THAT MAY ASSIST IN TIMES OF WORRY:

1 Giant Mind	Happify	Reach Out	Sanvello
Aura	Headspace	Reach Out Breathe	Sleep Time
Breathr: Mindful Moments	Health Tap	Reach Out Worry Time	Smiling Mind
Calm	Insight timer	Reflectly	Stop, Breathe & Think
Calm Harm	Mental Stillness	Relax Meditation	Super Better
Clear Fear	Mind Cleanse: Sleep Hypnosis	Relax Melodies: Sleep Sounds	Think Ladder
DARE	Mindshift CBT	Rootd – Panic Attack Relief	What's Up
e-Couch	MoodMission	SAM – Self Help for Anxiety Management	Youper