

# Apps to Promote Mental Health

## **SAM – Self help for Anxiety Management** (iOS, Android) - Free

Offers a range of self-help methods for people learning to manage their anxiety.



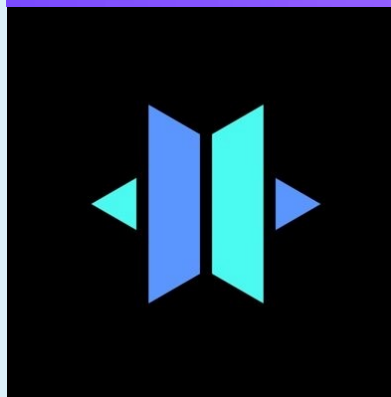
## **Wisdo** (iOS, Android) - Free

Get access to a community of support by sharing your story, connecting with people who share similar experiences, and helping others.



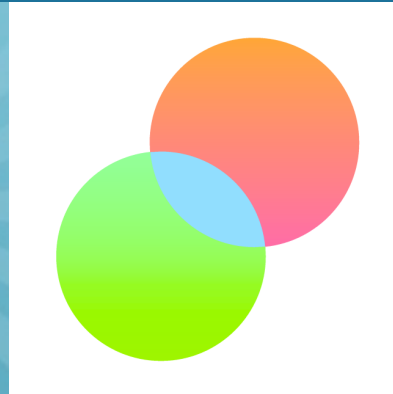
## **Worry Watch** (iOS) - \$3.99

Use a 5 step process to record worries, gain a deeper understanding of anxiety patterns and triggers, and challenge negative thinking.



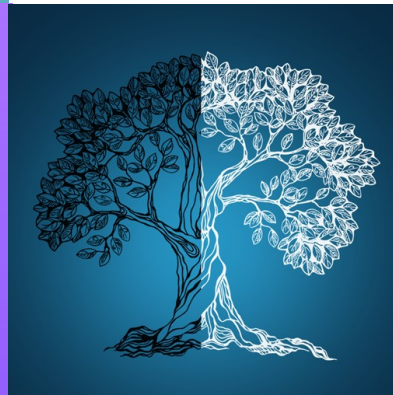
## **Centered** (iOS) - Free

A unique program for stress management that encourages you to add mindful meditation sessions and physical activity to your daily routine.



## **Serenita** (iOS, Android) - Free

Measure, monitor, and lower your stress level in 5 minutes a day.



## **iBreathe** (iOS) - Free

Helps you relax and focus on your breathing by guiding you through deep breathing exercises and reminding you to take time to focus on breathing every day.



No single app is suitable for everyone, nor should it take the place of a formal treatment plan for those with more serious conditions. The College of DuPage Counseling, Advising, and Transfer Center offers short-term, personal counseling to admitted College of DuPage students at no additional cost.

Visit [cod.edu/student\\_life/resources/counseling](https://cod.edu/student_life/resources/counseling) for more information.

**College of DuPage Learning Commons**  
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