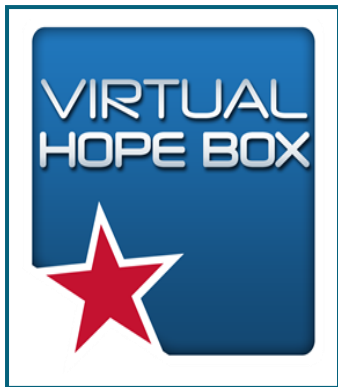




Healing can come from a variety of places—not just the therapeutic setting. Sometimes it is right in the palm of your hand! These apps and websites are a great place to start learning skills and strategies to manage your emotions, in the comfort and privacy of your own space.

Recommended Mood Management Apps and Websites



Virtual Hope Box

The VHB (app) contains simple tools to help with coping, relaxation, distraction, and positive thinking.



T2 Mood Tracker

T2 Mood Tracker (app) allows users to monitor their moods on six pre-loaded scales and he ratings are displayed on graphs to help users track their moods over time.



Seven Cups

Whether you are going through a challenging time or just want to talk to someone, at 7 Cups you'll find a path connecting you to kind people and helping you develop new skills to solve your problems. www.7cups.com



MoodGYM

MoodGYM is a free, fun, interactive program consisting of five modules, which help you to explore why you feel the way you do, changing the way you think, knowing what makes you upset & assertiveness and interpersonal skills training. www.moodgym.anu.edu.au/welcome