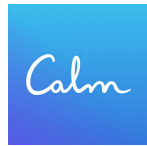
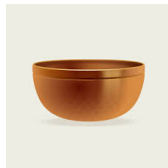


RELAXATION & COPING PHONE APPLICATIONS



Calm App
Free; Meditation and Sleep Aid



Insight Timer
Free; Guided Meditations



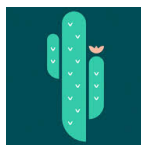
Headspace
Fee; Meditation & Sleep



Sanvello
Free during COVID-19;
Mood Tracker & Mindful Journal



Jour
Free Version;
Daily Self-care Journaling



Cactus
Free Version; Self-Awareness Journal



Lumosity Mind
Free Version; Mindfulness for Stress Relief



Calm Harm
Free;
Passcode Protected Coping for Self Harm

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