

App Name	Android (Google Play)	Iphone (App Store)
Headspace	Free (\$ for add on)	Free (\$ for add on)
Stop Panic & Anxiety	Free	\$2.99
PTSD Coach	Free	Free
Stop, Breathe, and Think	Free	Free (\$ for add on)
My calm beat	Free	Free
Gratitude365	Free	\$1.99
Gratitude Journal (original)	Free	\$4.99
Calm	Free	Free
Insight Timer	Free	Free
Unstuck (w/CBT)	Free	Free
Happify	Free	Free
Mindshift	Free	Free
BellyBio Interactive Breathing	NA	Free
Positive Activity Jackpot	Free	Free
Take a break! Guided meditations for stress relief	Free	Free
Previdence	NA	Free
Operation reach out	Free	Free
Relax w/Andrew Johnson Lite	Free - \$2.99	Free - \$19.99
T2 Mood Tracker	Free	Free
Relax and Sleep Well w/Glenn Harold	Free - \$6.20	Free

Breath to Relax	Free	
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