

## RESEARCH:

<https://www.youtube.com/watch?v=mflvgJmhIek> (Dr. Tom Micklewright discusses top mental health apps)

- Chill Panda
  - Virtual game acting as a panda asking user to complete tasks to support the pandas well-being
  - Track mood using camera on device that acts like a heart rate monitor
  - Asks simple questions for the user to answer regarding how happy/sad they are feeling
  - If anxiety or other issues are detected while playing, it will prompt the user to complete different exercises i.e. breathing exercises.
- MeeTwo
  - Online forum
  - Age tailored
  - Trained Moderators
  - Counselors on hand to reach out to struggling users
  - 24 hour helpline
- Student Health App
  - Informative app with all necessary resources
  -
- Distract
  - Online library of resources
  - Suicide awareness heavy
  - References other apps that failed tests
  - Self harm
- Brain in Hand
  - Specific to autism or learning disabilities
  - Scheduling coach
  - Traffic light tracking system to track progress

Issues: Not sure if these apps are available in America

<https://www.youtube.com/watch?v=Sb0QYgR3cDw> (Digital Mental Health Solutions)

<https://www.youtube.com/watch?v=dGIepaWAoZU> (Best Apps for Depression, Anxiety, and Suicide Prevention: Depression Skills #3)

- Youper

- Walks you through anxiety and depression coping skills
- Headspace
  - Teaches mindfulness and meditation
- My3
  - Easy access to support for people who are suicidal

<https://www.youtube.com/watch?v=nfdmnggoXg4> (Technology for mental health TEDTalk)

- 1 in 6 suffer from mental illness