

# Apps for Maintaining Mental Health

- **Happify:** provides games and exercises to help decrease negativity and build positive thoughts
  - [https://play.google.com/store/apps/details?id=com.happify.happifyinc&hl=en\\_US](https://play.google.com/store/apps/details?id=com.happify.happifyinc&hl=en_US)
- **Thought Challenger:** lets users enter negative thoughts and see how they hold up under questioning
  - <https://play.google.com/store/apps/details?id=edu.northwestern.cbits.intellicare.thoughtchallenger>
- **Purple Chill:** unwinds stress with relaxation and meditation exercises
  - <https://play.google.com/store/apps/details?id=edu.northwestern.cbits.intellicare.relax>
- **Move Me:** coaches users to do short, regular bursts of activity to help boost mood
  - <https://play.google.com/store/apps/details?id=edu.northwestern.cbits.intellicare.moveme>