




<b>Depression APPS</b>	<b>+</b>	<b>-</b>
<p data-bbox="216 285 688 332"><b>Stop, Breathe &amp; Think</b></p> 	<ul data-bbox="827 321 1434 613" style="list-style-type: none"> <li>• This app guides you to: STOP what you are doing. Check in with what you are thinking, and how you are feeling.</li> <li>• BREATHE- Practice mindful breathing to create space between your thoughts, emotions and reactions.</li> <li>• THINK - Learn to decrease anxiety and increase calm through guided meditation.</li> </ul>	<ul data-bbox="1541 321 1923 423" style="list-style-type: none"> <li>• A “premium” (paid) subscription is required to access some features</li> </ul>
<p data-bbox="191 659 354 701"><b>Pacifica</b></p> 	<ul data-bbox="827 721 1423 938" style="list-style-type: none"> <li>• Provides daily tools for handling stress and anxiety</li> <li>• Mood and thought tracker</li> <li>• Set daily goals</li> <li>• Can track health habits like sleeping</li> <li>• Easy to use</li> </ul>	<ul data-bbox="1541 732 1923 943" style="list-style-type: none"> <li>• You can record your thoughts for that day then pick out the negative and positive thought but it can be difficult to get privacy to use this feature</li> </ul>
<p data-bbox="191 990 428 1036"><b>What’s up?</b></p> 	<ul data-bbox="762 1008 1423 1256" style="list-style-type: none"> <li>• 12 common negative thinking patterns and simple methods to overcome them</li> <li>• 10 great metaphors to help you cope with negative feelings</li> <li>• A comprehensive diary to keep your thoughts and feelings together in, including the ability to rate feelings on a scale out of 10</li> </ul>	<ul data-bbox="1526 1081 1948 1224" style="list-style-type: none"> <li>• Software bugs have been reported, making some of the functions close unexpectedly.</li> </ul>