



This brochure will be reviewed and updated on a biannual basis. Last review was March 2020.

Please send any suggestions for apps to be considered to helpathand@dmh.lacounty.gov



If you're having thoughts of suicide or are in crisis, contact the

NATIONAL SUICIDE PREVENTION LINE

(800) 273-8255
or Dial 911

Learn more about Mental Health Services in LA County



**FOR 24/7 HELP,
PLEASE CALL OUR ACCESS
LINE AT (800) 854-7771
OR
TEXT "LA" TO 741741**



For additional information visit
<https://dmh.lacounty.gov/>

Your Wellbeing On Your Terms

Guide to Wellbeing Apps



Disclaimers: This pamphlet is designed for informational use only and the referenced apps should not be used as a substitute for professional advice and information from therapists, physicians, and/or financial advisors. The pamphlet is a resource to assist with locating apps that you may find to be helpful in your daily life. Some apps in this guide may have associated charges and in-app purchasing available. We do not endorse any in-app purchases. USE OF THESE APPLICATIONS IS AT THE USER'S SOLE DISCRETION AND HIS/HER SOLE RESPONSIBILITY.

Use of the Help@Hand logo and the LACDMH logo does not imply any affiliation with, or endorsement of, products, other organizations, or initiatives.

INTRODUCTION

The apps listed here, for your consideration, are a quick guide of resources available to promote wellbeing in simple daily activities.

You may find these apps to be useful for exercise, nutrition, education, emotional health, relaxation and practicing mindfulness. We've made things simple so you don't have to sort through 100s of available apps to improve your wellbeing. These are an initial set of apps based on input received from the community. Others may be forthcoming.



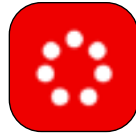
ML = Multiple Languages



**All apps listed here have a free version. To avoid charges do not enter credit card information*

APPS FOR CONSIDERATION*

Physical Wellbeing



7-Minute Workout ML

Access guided workouts for any activity level



Fooducate

Create your healthy diet toolbox



Headspace ML

Access guided meditations and mindfulness activities

Emotional Wellbeing



Happify ML

Play games to reduce stress, overcome negative thoughts, and build resilience



MindShift ML

Access resources to help manage anxiety



Happy Color™ - Color by Number

Engage in coloring activities as a positive coping strategy

Intellectual Wellbeing



Hoopla ML

Access e-books, music, audiobooks, and movies



Khan Academy ML

Learn online with interactive exercises and videos



Luminosity ML

Improve memory and increase focus with brain training games

Financial Wellbeing



DPSS Mobile ML

Fill out forms and skip a trip to the office



Keeper ML

Store and manage passwords securely



Mint ML

Develop and manage a personal budget