

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 pale@tricitymhs.org.

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If you're having thoughts of suicide or are in crisis, contact the **NATIONAL SUICIDE PREVENTION HOTLINE**

(800) 273-8255
or Dial 911

Learn more about
Mental Health Services In
Claremont, La Verne, or
Pomona

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FOR 24/7 HELP,
PLEASE CALL OUR ACCESS
LINE AT **(909) 623-6131**

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.



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For additional information visit
<https://tricitymhs.org/>

INTRODUCTION

The apps listed here are a quick guide of resources available to people in Claremont, La Verne, and Pomona, 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.

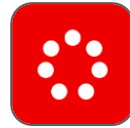
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ML = Multiple Languages

*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

Fill out forms and skip a trip to the office



Keeper **ML**

Store and manage passwords securely



Mint

Develop and manage a personal budget