

MENTAL HEALTH APPS

Check out these popular mental health apps to help guide your wellness journey! While apps are a convenient source of coping and meditation tools, we also encourage you to contact CAPS at 415.422.6352/6351 to meet with a trained clinician!



SIMPLE HABIT



STOP, BREATHE
& THINK



HEADSPACE
TREAT YOUR HEAD RIGHT



Counseling &
Psychological Services

