The MyStrength application will be ending as of June 2022. BestSelf wants to offer clients alternative resources that can support their therapy, recovery and healing. The resources listed below are free to access. There is a mix of resources, some are web based applications, and others are websites.

**Anxiety | Depression | Emotional Regulation**

- [www.anxietysocialnet.com](http://www.anxietysocialnet.com)
  Resource to manage anxiety and provide social connection with others

- [www.moodmission.com](http://www.moodmission.com)
  App for dealing with low moods, anxiety and stress

- [www.postpartumprogress.com](http://www.postpartumprogress.com)
  Resource addressing post-partum depression

- [www.headspace.com](http://www.headspace.com)
  Articles, activities for mindfulness, stress management and reflection

- [www.crediblemind.com](http://www.crediblemind.com)
  Website for personalized wellbeing and emotion management

- [www.verywellmind.com](http://www.verywellmind.com)
  Website for mental health, self-improvement and emotion management

  App for healthy living, emotion management and daily journaling

- [www.liberatemeditation.com](http://www.liberatemeditation.com)
  App for healthy living, emotion management and daily journaling
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<tr>
<th><strong>Changing Habits</strong></th>
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| **www.cozyapps.com/quitthat**  
Web-based App for smoking cessation and habit change |
| **www.the-happiness-project.com/blogs/articles**  
Website focused on happiness, life balance and fulfillment |
| **www.thehappierapp.com**  
App for life balance and fulfillment |

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<th><strong>Addictions</strong></th>
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| **www.iamsober.com**  
App for recovery support with sober activities and tracker |
| **www.sobergrid.com**  
Website focused on happiness, life balance and fulfillment |
| **www.samhsa.gov/resource/dbhis/ptsd-coach**  
Website with links to PTSD, mental health and behavioral supports |