


May

Mental Health

Apps to Improve Your Mental Health




Talk Space provides on-demand access to mental health professionals through your computer or smartphone.

Lantern is a mobile app with programs that provide effective, affordable support for emotional well-being. 



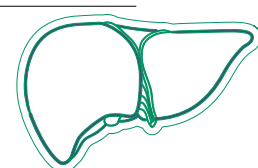
Operation Reach Out encourages you to reach out for help if you are having negative or suicidal thoughts.

Breathe2Relax is a portable stress management app with built-in breathing exercises to help you maintain positive mental health. 



Spire not only tracks your steps and calories burned, but also helps bring mindfulness to the forefront by tracking breathing and providing mental exercises on your phone.

Mental Health Apps for Your Liver



Inspire provides online support groups focusing on multiple health issues including wellness, chronic disease and mental health.

Get Fit Tip

Access support in the most helpful and convenient way for you to thrive and succeed.



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>

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