



ALLEGRO RECOMMENDED APPS

MENTAL HEALTH

7 CUPS*

7 Cups connects you to listeners for free emotional support. Although this is not a therapy app, 7 Cups listeners are trained in active listening and can help talk you down from stressful situations. 7 Cups also offers community forums and a "growth path" to help you create healthy habits.

QUIT THAT!*

Quit That! allows you to track all of the things you are trying to quit. This simple app allows you to track how much you spend on your habits you'd like to let go of, and tracks each day you are habit free.

DAYLIO*

Daylio is a mood tracking app that allows you to track your daily mood as well as activities. Daylio keeps your data and analyzes it, helping you to bring awareness to your moods and do more of what makes you happy!

HAPPIFY*

Happify helps you identify and cope with the stress in your life. Its science based "tracks" give you the coping mechanisms you need based on your current life stressors. Happify's daily activities are short and fun!

CBT THOUGHT DIARY*

CBT Thought Diary is a simple app that allows you to track emotions as well as give details about your situation. Based in Cognitive Behavioral Therapy, this app also gives options to analyze your thoughts, challenge your thoughts and come up with alternative ways of thinking.

CLEAR FEAR*

Clear Fear helps to reduce anxiety and worry by giving you activities specific to your situation. Clear fear allows you to process your emotion and gives you access to "worry warriors" that help to regulate emotion.
