

# Therapeutic Apps

FOR FREE!

## Calm Harm

**\*Dialectical Behavior Therapy (DBT)\***  
Provides tools and techniques to help resist the urge to self-harm

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## Clear Fear

**\*Cognitive Behavioral Therapy (CBT)\***  
Uses CBT tools and techniques to help manage and overcome anxiety

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## Long Walks

**\*Mindfulness and Self-Care\***  
Provides social self-care through conversation groups between friends or the public friend list

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## PTSD Coach

**\*Mindfulness and Breathing\***  
Provides education and self-help tools for PTSD, offers a self-assessments, and assists in finding support

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## Woebot

**\*CBT, DBT, and Mindfulness\***  
Self-care expert that provides to tools to help manage anxiety, depression, and stress

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## Wysa

**\*CBT, DBT, and Mindfulness\***  
Emotionally intelligent chatbot that uses AI to assist with emotions and daily life stressors