

This brochure will be reviewed and updated on a biannual basis. Last review was March 2020.

Please send any suggestions for apps to be considered to [trobinsont@tricitymhs.org](mailto:trobinsont@tricitymhs.org)

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If you're having thoughts of suicide or are in crisis, contact the

**NATIONAL SUICIDE PREVENTION HOTLINE**

**(800) 273-8255**  
or Dial 911

Learn more about  
Mental Health Services  
In Claremont, La Verne, or  
Pomona

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FOR 24/7 HELP,  
PLEASE CALL OUR ACCESS  
LINE AT **(909) 623-6131**

# Your Wellbeing On Your Terms

Guide to Wellbeing Apps



**Disclaimers** This pamphlet is designed for informational use only and the referenced apps should not be used as a substitute for professional advice and information from therapists, physicians, and/or financial advisors. The pamphlet is a resource to assist with locating apps that you may find to be helpful in your daily life. Some apps in this guide may have associated charges and in-app purchasing available. We do not endorse any in-app purchases. USE OF THESE APPLICATIONS IS AT THE USER'S SOLE DISCRETION AND HIS/HER SOLE RESPONSIBILITY.



For additional information visit  
<https://tricitymhs.org/>

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## INTRODUCTION

The apps listed here are a quick guide of resources available to people in Claremont, La Verne, and Pomona, to promote wellbeing in simple daily activities.

You may find these apps to be useful for exercise, nutrition, education, emotional health, relaxation and practicing mindfulness. We've made things simple so you don't have to sort through 100s of available apps to improve your wellbeing. These are an initial set of apps based on input received from the community. Others may be forthcoming.

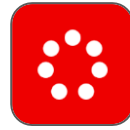
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### ML = Multiple Languages

\*All apps listed here have a free version. To avoid charges do not enter credit card information

## APPS FOR CONSIDERATION\*

### Physical Wellbeing



#### 7-Minute Workout **ML**

Access guided workouts for any activity level



#### Fooducate

Create your healthy diet toolbox



#### Headspace **ML**

Access guided meditations and mindfulness activities

### Emotional Wellbeing



#### Happify **ML**

Play games to reduce stress, overcome negative thoughts, and build resilience



#### Mindshift **ML**

Access resources to help manage anxiety



#### Happy Color™- Color by Number

Engage in coloring activities as a positive coping strategy

### Intellectual Wellbeing



#### Hoopla **ML**

Access e-books, music, audiobooks, and movies



#### Khan Academy **ML**

Learn online with interactive exercises and videos



#### Luminosity **ML**

Improve memory and increase focus with brain training games

### Financial Wellbeing



#### DPSS Mobile

Fill out forms and skip a trip to the office



#### Keeper **ML**

Store and manage passwords securely



#### Mint

Develop and manage a personal budget