

Digital Mental Health Resources

Apps



Dare: Anxiety and Panic Attack Relief

Tools to help you overcome anxiety, panic attacks, worry, and insomnia

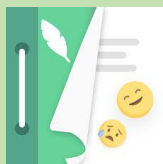


Shine - Self-care strategies, meditations, bedtime stories and soothing sounds. #1 self-care app created by women of color

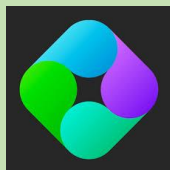


Wysa: Therapy Chatbot

Chat with an AI bot for help with anxiety, depression, and stress



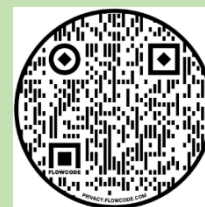
Mind Journal
Anxiety relief and mental health diary



Moodflow
Journal, diary, mood tracker, gratitude

Ted Talks: Scan QR code to view

[Living with High Functioning Anxiety](#)



[All it takes is 10 mindful minutes](#)



[How to stay calm when you know you'll be stressed](#)

VU Counseling Center
Shake LRC 134 (Library)
Monday-Friday 8am-4:30pm
812-888-4374