**Helpful Apps for Youth**

 **Success Vision Board App**

Description

Vision Board App is a fun and powerful visualization tool that will support you in reaching your goals and help put the Law of Attraction to work for you every day. We make it easy for you to create your vision board(s) and fully customize it with images, inspiring affirmations and more. You can even combine music and your voice recording to turbo-charge your results. The possibilities are truly endless!

· Create an unlimited number of Vision Boards

· Searchable library of inspiring images, or upload your own

· Library of suggested affirmations, or create your own

· Record your own voice and add your favorite music

· Includes an alarm feature to set reminders for visualizing your goals

· Be prompted to take action after viewing your goals and schedule tasks and alerts

· Share your vision board and be inspired in our Vision Board Community

 **Quit Start App**

Description

QuitSTART is a free smartphone app that can help you track your cravings and moods, monitor your progress toward achieving smokefree milestones, identify your smoking triggers, and upload personalized "pick me ups" and reminders to use during challenging times to help you successfully become and stay smokefree.

QuitSTART provides tips to use during cravings. Use these tips to help you manage your mood and stay smokefree. To get more tips and support, you can also follow, "like", or share @SmokefreeTeen, Smokefree Teen Facebook page, and Smokefree Teen Tumblr.

QuitSTART is a product of Smokefree Teen (SfT)—a smoking cessation resource for teens created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with tobacco control professionals and smoking cessation experts and with input from ex-smokers

 **Moody Me App**

Description

Have more happy days! Track your mood with the Moody Me mood tracker app to find out what makes you feel good. Log your mood, note what affects it and record any treatments you’re taking. Take pictures of what makes you happy and play them back for an instant lift. Or see what makes you sad so you can better manage your mood. Whether you are managing a mood disorder, want to see how certain medications affect you or just want a snapshot of your disposition, Moody Me is the app for you!

Created by MedHelp, the world’s largest health community, in partnership with GE Healthymagination.

**Sleep Pillow**

Description

With this app you'll sleep tonight, guaranteed.

It’s the most effective & highest quality sleep app, with over 5,400,00 happy customers.

Sleep Pillow provides an advanced set of high quality ambient sounds, premixed for perfect sleep enhancement. The sounds are recorded and enhanced to relax and make you sleep. They isolate, create a relaxed environment, and put you into a cyclical sleep pattern. The way these sounds are created will induce sleep even for difficult sleepers or in the noisiest environments.

**idrink Water App**

Description

Do you drink enough water? Do you always forget to drink water regularly? This App reminds you to drink water every day and tracks your water drinking habits.

You only need to enter your current weight and Drinking Water will help you to determine how many water your body need everyday. When you have finished drinking a cup of water, you will need to add a cup in the app. Your next cup will be remained.

Always There (Kids Help Phone)

Description

The Kids Help Phone App provides a password protected space for you to log your feelings during the day, as well as youth-submitted inspirational quotes, tips on taking care of yourself, and jokes aimed at helping you cope with stress.

 Mindshift

Description

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. Mindshift is an App designed to help teens and young adults cope with anxiety. It can also help you think about anxiety rather than trying to avoid anxiety, you can make an important shift and face it.

 Virtual Hope Box

Description

The Virtual Hope Box App contains simple tools to help people with coping, relaxation, distraction, and positive thinking. The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. The patient can then use the VHB away from clinic, continuing to add or change content as needed.

 Happiness App

Description

This great FREE app gives you hundreds of cool & wise tips to be happy. These happiness tips will inspire hope, motivation, success, inspiration, beauty, peace, happiness & joy in your life. Get the wisdom you need to live more happily from now on!

 Inspiration App

Description

Need more motivation? Want more success? This app gives you many wise quotes on success, perseverance, courage, inspiration & hope. These motivational quotes will surely inspire you & give you the wisdom to live a satisfying & successful life.