MOODFIT
Moodfit allows you to create and track a set of daily goals to keep your positive mood, reinforce positive messages, and create new positive habits.

MOODSPRINT
Moodspurt is designed to empower you to overcome feelings of depression and anxiety by following a tailored list of 5 simple, quick, effective, evidence-based routine to improve your mood.

HEATHSPEAK
Heathhspeak teaches you mindfulness and meditation skills and relieves feelings of anxiety.

LIFESPACE
Lifespace is a self-care app that helps you reach your health and weight goals through better eating.

WHAT'S UP?
What's Up? uses cognitive behavioral therapy and acceptance and commitment therapy methods to help you cope with depression and anxiety and shift your focus on positive and negative habit tracker.

MINDSHIFT
MindShift uses cognitive-behavioral therapy to help learn to relax, be mindful, develop more effective ways of thinking, and take active steps to take charge of your anxiety.

HAPPIFY
Happify is a psychologically approved mood training app for people who want to learn to help themselves. Happify provides games and tools to help you increase your mental well-being.

notOK
Notify allows you to set up your most trusted friends and family that help to wake up with more than a click of a button. When activated, the person's location as well as the message: "You're not OK, please open this text, or come find me" is sent.

TALKSPACE
Talkspace is a convenient and affordable way to match you with a licensed therapist in a session from the comfort of your device.

BETTERHELP
BetterHelp is an online portal that provides online counseling and therapy services through popular platform, website, app, phone, and text.

WOEBOOT
Woeboat is an AI-powered chatbot that helps people through the management of depression, anxiety, and stress using artificial intelligence of cognitive behavioral therapy.

CRISIS TEXT LINE
Free 24/7 support, only a text away. Entirely text-based and safe for anyone who doesn't feel comfortable talking on the phone.

My DigitalTATZ is a not-for-profit organization addressing one of the most challenging issues facing humanity today: to build the healthy habits, control by will, and through life's storms by merging technology that breaks bad habits with science and architecture in a way that is both effective and enjoyable.