

WORKAMP

Comprehensive list of activities to maintain mental health				
Name	Brief	Type	Link	Cost
Turn2me	You get to set up a free account for 30 days , In this you have have to just have to write down your thoughts everyday and the app will help you understand your situation better. There is an option of One on One session as well where you can contact a professional personally and get through your though time.This app provides multiple podcasts and articles that you can refer.You can login to my account to know more about this. ID- Prerna.Gogri , Password - mentalhealth	Website	https://www.turn2me.ie/	First 30 days free
Headspace	Headspace is an English-American online healthcare company, specializing in meditation.	App	https://www.headspace.com/	first 7 bdays free - 980rs per month
What's Up	What's up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues. Try it out for yourself.	App	https://play.google.com/store/apps/details?id=com.jacksontempra.apps.whatsup	Free
Mind Shift	Mind Shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging	App	https://play.google.com/store/apps/details?id=com.bstro.MindShift	Free

	you to take charge of your life, ride out intense emotions, and face challenging situations.			
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Note - The above listed information has been shortlisted after referring to multiple online websites; for your ease. The information has been taken from the websites without tampering the content. If there is any discrepancy in the data above, please write to us at covid19@workamp.co and we shall rectify the same. The objective is to spread awareness in regards to the current pandemic that we all are facing.