Mental Health

Apps to Improve Your Mental Health

**Talk Space** provides on-demand access to mental health professionals through your computer or smartphone.

**Lantern** is a mobile app with programs that provide effective, affordable support for emotional well-being.

**Operation Reach Out** encourages you to reach out for help if you are having negative or suicidal thoughts.

**Breathe2Relax** is a portable stress management app with built-in breathing exercises to help you maintain positive mental health.

**Spire** not only tracks your steps and calories burned, but also helps bring mindfulness to the forefront by tracking breathing and providing mental exercises on your phone.

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**Mental Health Apps for Your Liver**

**Inspire** provides online support groups focusing on multiple health issues including wellness, chronic disease and mental health.

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**Get Fit Tip**

Access support in the most helpful and convenient way for you to thrive and succeed.

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Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes