

Mental Health Apps

By Monika Šlachtová

PV236 Time Management and Effectiveness

Simple Habit: Meditation

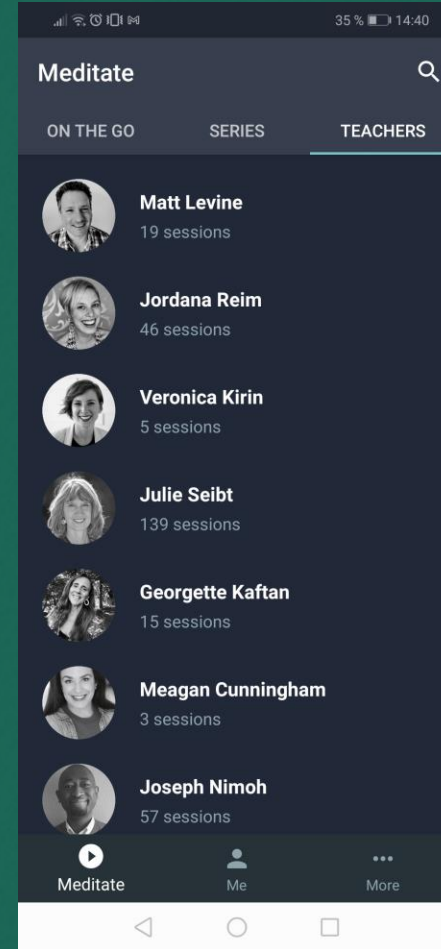
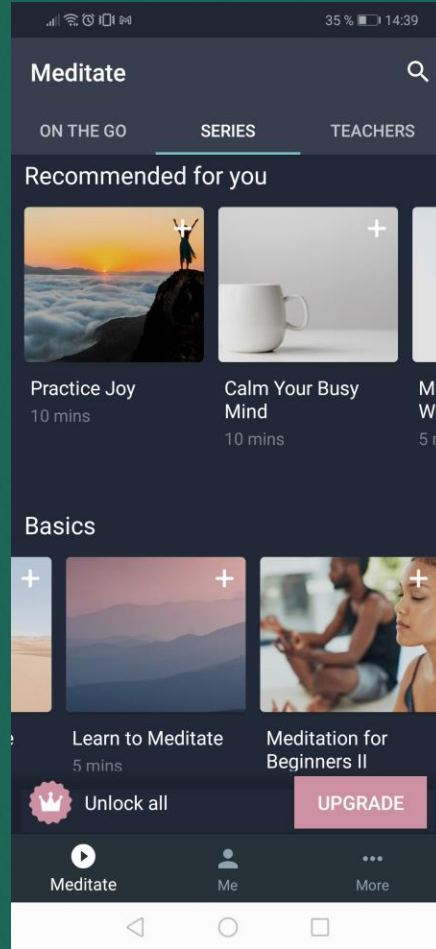


- Offers a variety of guided meditations

- ✓ You can choose a meditation based on your needs and preferences (time, place, theme, person, etc.)
- ✓ The app can remind you to meditate and motivates you through statistics and achievements
- ✗ Some series promoted as free have only accessible just first few episodes
- ✗ Some meditation styles might not fit you
- ✗ Only in English

<https://www.simplehabit.com/explore-meditations>

Simple Habit: Meditation



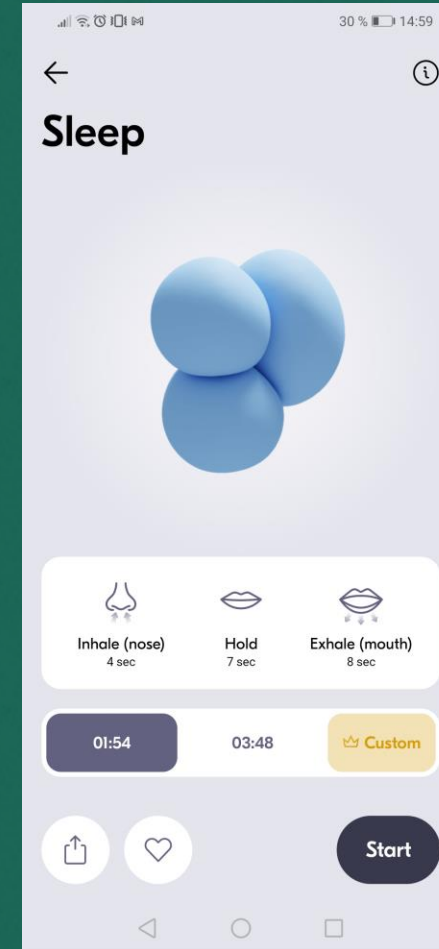
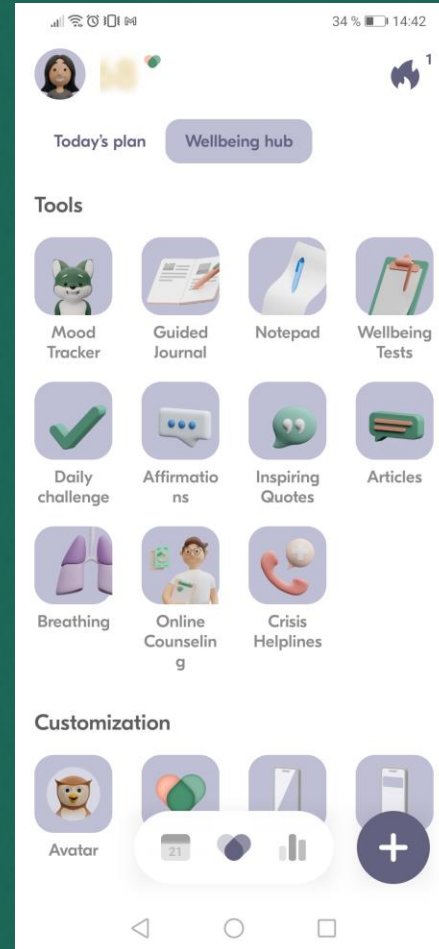
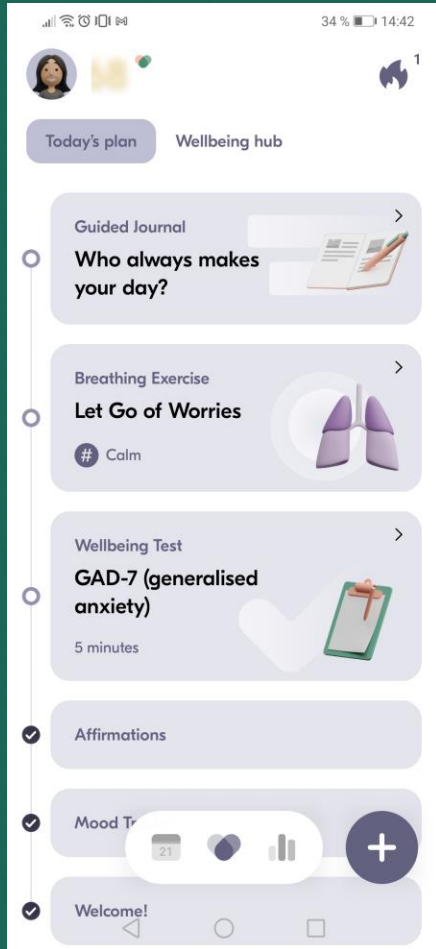
VOS: Well-being Plan & Journal



- Aims at long-term evolution and tracking of your mind and well-being
- ✓ The app helps you set your primary goal (productivity, physical activity, stress management, relationships, sleep or eating habits) and prepares an individual plan
- ✓ Their wellbeing hub offers many features (mood tracking, guided journal, notepad, wellbeing tests, daily challenges, affirmations, inspiring quotes, articles, breathing exercises, online counselling, crisis contacts)
- ✓ UX and UI design
- ✗ When the first time using it might seem you cannot use it without paying
- ✗ It frequently suggests you upgrade to premium

<https://vos.health/>

VOS: Well-being Plan & Journal



Nepanikař ("Don't panic")

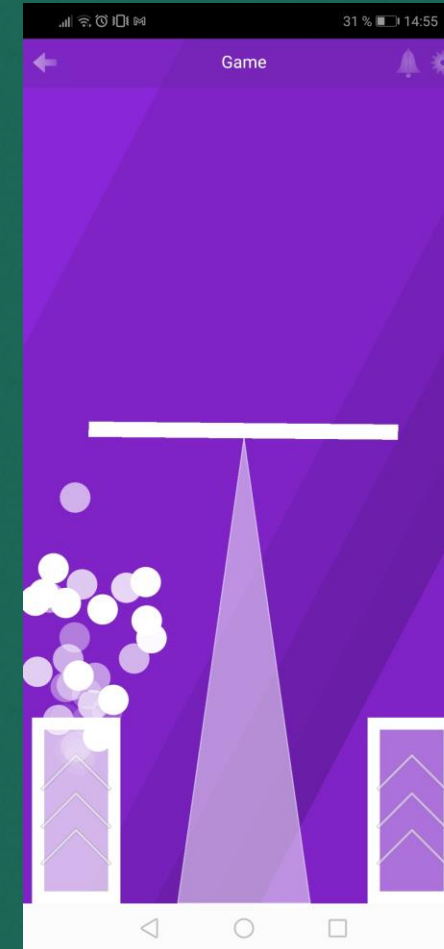
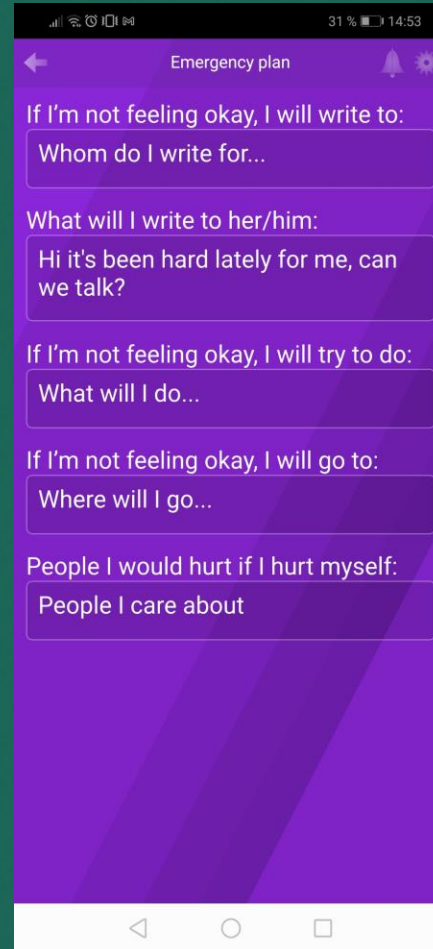


- First-aid kit for mental crisis

- ✓ The app aims at various mental crises (depression, anxiety, panic attacks, self-harm, suicidal thoughts, eating disorders) and gives specific guidance
- ✓ It gives you different ways to work with your problem (counsel, emergency plans, breathing exercises, guided meditation, relaxation games), so each person can find what fits them
- ✓ Simple and available in many languages
- ✗ Guided meditation is only in Czech and just one
- ✗ The VOS app is at a higher level for long-term monitoring

<https://nepanikar.eu/>

Nepanikař ("Don't panic")



"Don't wait for someone to bring you flowers. Plant your own garden and decorate your soul."

– Osho