

Ensure you are equipped

Apps to look after your mental wellbeing

Calm

(meditation)

A mindfulness app that will help you sleep, mediate, and relax



Elevate *(brain training)*

A brain training program designed to improve focus, processing speed, and more



Synctuition

(meditation)

Sessions designed to provide tranquility for restful sleep



Duolingo

(new languages)

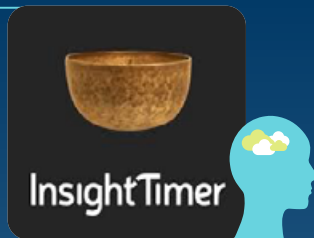
Keep your mind moving and choose from over 30 new languages



Insight Timer

(meditation)

An app designed to improve sleep, cope with anxiety, and manage stress



Daylio Journal

(mood tracker)

Micro-diary app to record your moods and activities each day

