**Pacifica:**

What it has:

* Daily mood and health tracking
* Journal
* Activities
* Email sent weekly identifying activities that worked best for you
* Connect with others
* Choose a theme (Ocean or tropical)
* Reminders can be set
* Add feelings to your mood
* Animations in activities

Pros:

* Daily tracking
* Able to add goals
* Activities are well thought out and easy to understand
* Talk to others who have similar struggles to you

Cons:

* Obligation to sign up with email
* Works best when you use it daily

**SAMApp:**

What it has:

* Help for anxiety NOW activities
* Self-help activities
* Rating anxiety levels
* Add a list of anxieties

Pros:

* Simple layout, easy to understand
* Info button on every screen

Cons:

* Not much help with practicing social situations
* Very simple activities

**Social Anxiety Disorder:**

What it has:

* Info on SAD
* Background knowledge to understand history and what you can do

Pros:

* Allows people with this disorder to understand what it really is and what support they have
* Info split into sections to help sort info

Cons:

* Just text, nothing else
* Some sections contain a lot of text/info
* Uses language like “your disorder”