



Welcome to MindCare!

Track your mood, meditate, and feel supported
every day

Get Started

Discover How We Can Help You

Start your journey to better mental health with these powerful tools.



Track Your Mood.

Log your daily feelings and view emotional trends



Guided Meditations

Relax with expert-guided sessions



Therapy Scheduling

Book and manage therapy appointments



Community Support

Join discussions with others like you

[Explore Now](#)

**Ready to Take Control of
Your Mental Wellness?**



Start Now.

Good Morning



Today's Mood: Happy 😊



Good Morning

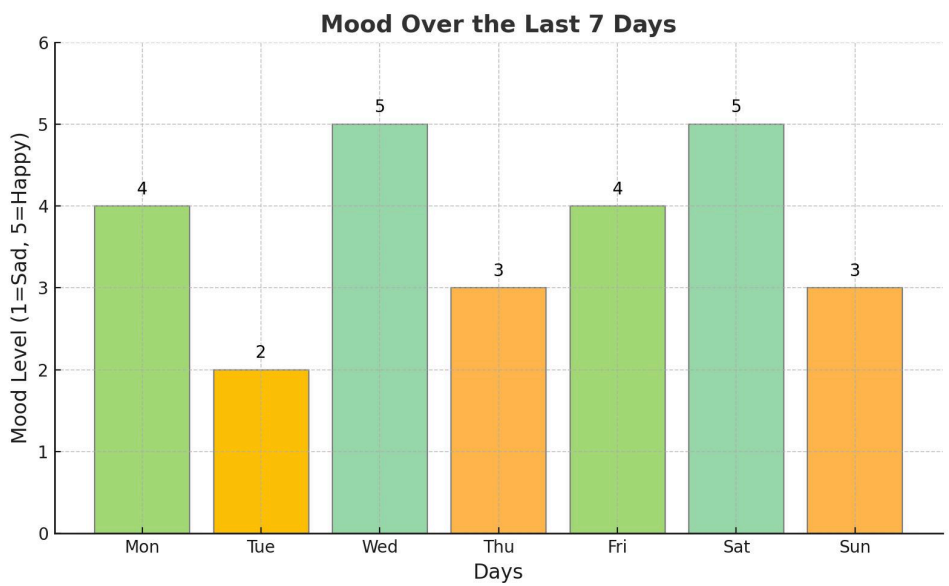


Track Your Mood



Mood Selection:

- Happy
- What made you feel this way?
- Neutral
- What made you feel this way?
- Sad
- What made you feel this way?
- Anxious
- What made you feel this way?
- Excited
- What made you feel this way?



Save Mood

Good Morning



Guided Meditations



Sleep 

Focus 

Stress Relief

Daily Mindfulness

10 mins

A quick meditation to help you start your day with calmness.

Start Now

Morning Calm
5 Mins



5-Minute
Stress Relief
5 Mins



Sleep We
10 Mins



Good Morning



Therapy Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2:00 PM

10:00 AM

12:00

Confirm Appointment