

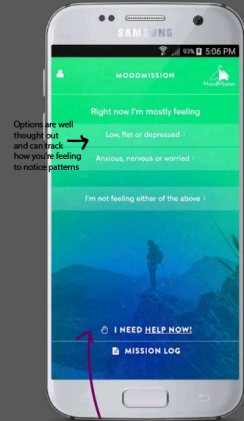
Company	Code Blue	Talk Space	My mental health	MoodMission	
Description	<p>Code Blue is designed to provide teenagers struggling from depression or bullying with support when they need it. Users can choose several contacts to be part of their support group. With just a few taps, the app will alert the support group that the user needs immediate help. Members of the support group can then text or call the user. The app can also share the user's location with the support group, and members can indicate that they are on their way to see the user in person.</p>	<p>Talkspace seeks to make therapy more available by connecting users with one of over 200 licensed therapists via messaging. With a subscription to Talkspace note that their app is not meant to be a substitute for in-person therapy, and their therapists are trained to identify when users need more extensive help than the app can provide.</p>	<p>Let YOUR Choices Guide Care. start right now and take an active role in your mental health care. USE my mental health crisis plan to create your own psychiatric advance directive or mental health advance.</p>	<p>use evidence-based CBT techniques to deal with depression, anxiety, and stress. MoodMission helps you learn new and better ways of coping with stress, low mood, depression, and anxiety. Tell MoodMission how you're feeling and it will give you a tailored list of 5 missions that can help you feel better and improve your wellbeing.</p>	
Pros	<p>Emergency Contacts, Easy user interface, GPS signal, Hits both mental health crises requirements and mental health emergency requirements</p>	<p>Allows you to talk someone when you are reaching a mental health crisis, in some case the therapist will advise you on what to do next. Talkspace UI looks user friendly and shows a texting room just like the messages on our phone.</p>	<p>Allows you to be prepared in the case of an emergency, Understands your information to make emergency care much quicker, Gives you direct access to emergency numbers, gives you access to phone contacts, Gives you access to create an emergency plan for someone else</p>	<p>- Has very good options for users and is more open minded, Tracks your moods throughout, recognizes patterns you may have, Has an option for emergencies</p>	

[illegible]

## EVIDENCE-BASED HELP FOR LOW MOODS AND ANXIETY

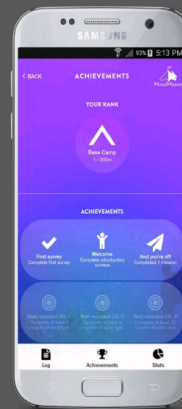


## USE MOODMISSION WHEN YOU ARE FEELING LOW OR ANXIOUS

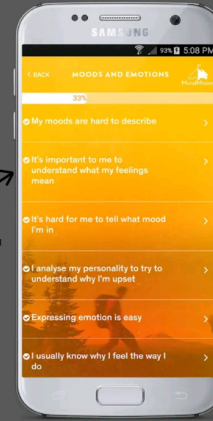


Call to action in case of an emergency

## MOODMISSION LEARNS HOW YOU COPE



## FEELING LOW AND ANXIOUS IS NORMAL



Good understanding of how users may be feeling because they may not know how to label their feelings

[illegible]

FRIDAY  
SEPTEMBER  
23  
2022

