

emergency landing card

Need help? United States:

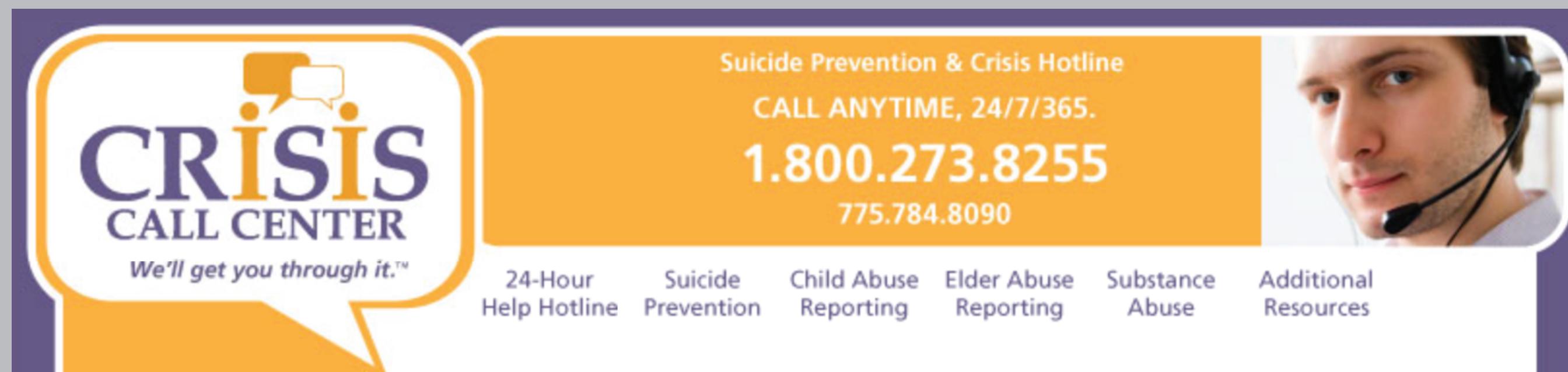
1 (800) 273-8255

National Suicide Prevention Lifeline

Hours: 24 hours, 7 days a week

Languages: English, Spanish

Website: www.suicidepreventionlifeline.org



eCBT Calm

By MindApps LLC

Open iTunes to buy and download apps.



[View in iTunes](#)

\$0.99

Category: Health & Fitness
Updated: Jan 20, 2011
Version: 1.0.3
Size: 0.7 MB

Language: English
Seller: MindApps LLC
© 2010 MindApps LLC
Rated 4+

Compatibility: Requires iOS 3.0 or later. Compatible with iPhone, iPad, and iPod touch.

Customer Ratings
We have not received enough

[View More by This Developer](#)

Description

CBT Calm helps people who are feeling stressed and want to learn relaxation skills. It assesses your stress level, provides relaxation skills, and also includes links to online resources for stress and anxiety.

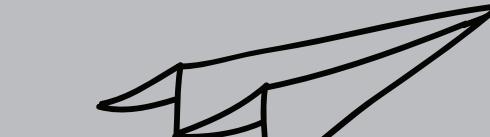
[MindApps LLC Web Site](#) [eCBT Calm Support](#)

...More

What's New in Version 1.0.3

4.2 iOS compatible

iPhone Screenshot



insight**air**