Potential resources to include in "Get Help", or just to know about.  
(also see the "to check out" file in 'competitors' – there's some overlap/blurring between these two.)

# hops for depression

See Kyrou et al, 2017, "Effects of a hops (Humulus lupulus L.) dry extract supplement on self-reported depression".

# post-partum/pregnancy/pmdd

(--See "competitors", "to check out" for some post-partum resources)

-Momseze, lactation consultant app. Expensive, though. ($40 for 25 min)

https://www.momseze.com/#How it works

--https://mevpmdd.com Seems pretty cool.

# anxiety

## "Booster Buddy"

For young people. Put out by Island Health.

Andy's rating: Weak

Sort of hilarious having your little animé-animal buddy show you and ask you to agree to the terms of use, and then ask you if he can share your usage data.

I went through the intake and the "three quests" of level one. It doesn't have much explanation (asks you to make a coping statement, but doesn't really explain what one is or how you'd really use it, just gives a couple examples), and the tasks were super boring – entering emergency contact information was most of it. The graphics are cute, but it's pretty much just a gif of your animé buddy and text. Encountered a glitch trying to buy a hat for my buddy as well. Overall I think a lot of young people would drop out of this pretty quickly, even if it does get better later.

To do: Could go through higher levels to see if it gets better.

# Depression

## Huddle

An app that allows users to create online support groups for any issue they choose, focussing on addiction and mental health issues. Released August 2017; check it out, if it gains users, look at including a link in Get Help.