

Appspirin

Normalizing mental health

We think taking care of your mental health should be as easy as taking an aspirin. Appspirin helps you track your stress, and suggests strategies to lower it.



Mental and Physical Health

Everybody understands the concept of day-to-day physical health: sometimes we feel under the weather, catch a cold or have a headache. Treating those minor ailments is generally pretty easy - some over-the-counter medicine, like aspirin, and we feel better. So how come when we hear the term 'mental health', we immediately think of hand-fuls of pills and locked wards? We want to make mental health as approachable as physical health, by giving people powerful therapeutic tools that will help them feel better in a way that's as approach-able and familiar as aspirin for a headache.

Check in, de-stress

Whether you want to keep track of your stress levels on a daily basis, or just want to be able to check out some strategies when stress levels get too high, Appspirin can keep track of what works for you and what doesn't. You can add your own tech-niques, and try our recommended strategies. Keep track of your stress over time with the History func-tion, and learn about other ways to relax and build mental wellness with the information in Resources. Need to change how often you receive notifications? Set your preferred time and frequency, and review all your available strategies in Settings.

