

Health Apps for College Students:

Here are some apps:

For IPAd, Iphone:

<b>Fooducate (free)</b>	<a href="https://itunes.apple.com/us/app/weight-loss-coach-by-fooducate/id398436747?mt=8">https://itunes.apple.com/us/app/weight-loss-coach-by-fooducate/id398436747?mt=8</a>
<b>Jason Foundation a friend asks</b>	<a href="http://jasonfoundation.com/get-involved/student/a-friend-asks-app/">http://jasonfoundation.com/get-involved/student/a-friend-asks-app/</a>
<b>Relief Link (suicide prevention)</b>	<a href="https://itunes.apple.com/us/app/reliefink/id721474553?mt=8">https://itunes.apple.com/us/app/reliefink/id721474553?mt=8</a>
<b>Anxiety management</b>	<a href="https://itunes.apple.com/us/app/self-help-for-anxiety-management/id666767947?mt=8">https://itunes.apple.com/us/app/self-help-for-anxiety-management/id666767947?mt=8</a>
<b>Mindfulness/relaxation</b>	<a href="https://itunes.apple.com/us/app/headspace-guided-meditation/id493145008?mt=8">https://itunes.apple.com/us/app/headspace-guided-meditation/id493145008?mt=8</a>
<b>Stop, Breath and Think</b>	<a href="https://itunes.apple.com/us/app/stop-breathe-think-meditation/id778848692?mt=8">https://itunes.apple.com/us/app/stop-breathe-think-meditation/id778848692?mt=8</a>
<b>Quit smoking</b>	<a href="https://itunes.apple.com/us/app/smoke-free-quit-smoking-now/id577767592?mt=8">https://itunes.apple.com/us/app/smoke-free-quit-smoking-now/id577767592?mt=8</a>
<b>PTSD Coach</b>	<a href="https://itunes.apple.com/us/app/ptsd-coach/id430646302?mt=8">https://itunes.apple.com/us/app/ptsd-coach/id430646302?mt=8</a>
<b>PTSD connect</b>	<a href="https://itunes.apple.com/us/app/ptsd-family-coach/id804318041?mt=8">https://itunes.apple.com/us/app/ptsd-family-coach/id804318041?mt=8</a>