

**PURPOSE** //

- Mental health apps are mobile applications created to help users in enhancing their emotional well-being, fostering mindfulness, and promoting good mental health

**OBJECTIVE** //

- Promote ways to take care of your mental health

**INSTRUCTIONS** //**Materials**

- Paper
- Printer
- Thumb Tacks

**Application**

- Have students draw their favorite mental health app that they can share with others.
- Post all of the apps that the students drew to share with school.

**Assembly**

1. Print page 2 of this activity.

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



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# Can your phone help you take care of your mental health?

## Appsolutely!



Check out these apps recommended by students in the Erika's Lighthouse Club.



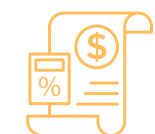
App name:



Recommended by:



Description:



Cost:

