

CS: Self-Directed Supports -Coping with Change & Transitions

Version 1

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Coping with Change & Transitions

- **SuperBetter:** An app that helps users build resilience and optimism in the face of change and difficult challenges.
- **MindShift CBT:** An app designed to help teens and young adults cope with anxiety.
- **Journey:** An easy-to-use, straightforward journaling app. Gratitude (Android only)