Stressed out?
Want to stop tobacco/alcohol use?
There's an app for that!

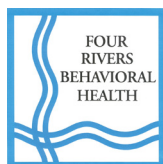| **SMOKING**	**ADDICTION**	**STRESS**	**ALCOHOL/DRUGS**
quitSTART	**IMQuit**	**Optimism**	**Field Guide to Life**
This app takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help you become Smokefree and live a healthier life.	This app will assist you with quitting addiction: alcohol, smoking or whatever you are fighting. It can trace you progress and give you a clear history record to share with your friends & family. Quitting addiction is not easy, but IMQuit will help you get through it.	This app is designed to help you increase your understanding of all the things that affect your mental health. It acts as a springboard to detect patterns in your health and develop strategies to proactively manage depression and other mental health conditions.	This app offers the best of the Hazelden "My Ongoing Recovery Experience (MORE)" for continuing care for the entire sober community. This app teaches users essential skills connected to core recovery principles, helping them evolve in their sobriety.
FREE iOS and Android	FREE Android	FREE iOS and web option	$7.99 iOS and Android

About this project: Our goal is to develop a community level early warning system for behavioral health (mental health and substance abuse). 30 knowledgeable community members responded to biweekly surveys about behavioral health over the course of the past year. In partnership with a national team of researchers, the data from the surveys were reviewed in order to identify potential spikes or increases in behavioral health issues, in order to develop relevant and timely interventions. This infographic was created in response to the needs identified in the surveys.

FOUR RIVERS BEHAVIORAL HEALTH

CAPE | Community Assessment and Education to Promote Behavioral Health Planning and Evaluation

Purchase District Health Department
Promoting Health. Preventing Disease. Protecting You.

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