MoodMission is a mental health app that targets anxiety and depression symptoms.

How Does It Work?
MoodMission asks you questions about your mood related to anxiety or depression and offers you missions to complete to improve your mental state.
Missions include things like "go for a walk", "Call your friend", or "Do some pushups".
For each mission there is an in depth reason behind why it works.

Tips!
- Actually complete the mission! This is what helps you!
- Try to use the app daily so you’ll get used to it when you need it.
- Even if you aren’t particularly anxious or depressed, completing missions can help you stay feeling good!

"It's nice to have options that work when your mood is low and you don't know what to do about it."

Justina Lawrence '21

Compiled by Dr. Stanger's Digital Mental Health Students Module 1, 2021