

Mental Health Apps REVIEWS

<https://onemindpsyberguide.org>

The screenshot shows the homepage of the One Mind PsyberGuide website. At the top left is the logo for "ONE MIND PsyberGuide". To the right of the logo is a navigation menu with the following items: "App Reviews", "Mental Health Resources", "Who We Are", "What We Do", and "Donate". Below the navigation menu is a large yellow banner with the text "App reviews based on science" and a main heading: "Apps and digital health resources reviewed by experts". Underneath the heading are two links: "Explore Mental Health Resources" and "Find Mental Health Apps". Below the banner are three white cards. The central card is titled "Need support tackling PTSD?" and states "We've got 34 apps for you". It features a row of seven app icons: UPI, ACT, a circular icon with a brain, a purple icon with a heart, a blue icon with a star, a colorful speech bubble icon, and a dark blue icon with a white triangle. Below the icons is a blue button that says "Find PTSD Apps". To the left of the central card is a card titled "I'm down?" with a search icon and a question mark icon. To the right is a card titled "Living with...". At the bottom of the page are two black arrows pointing left and right.