

Speakbox - a Mental Health app that "helps you set "SMART" goals, journal, track your mood and explore new paths to wellness with a library of evidence-based activities. Student friendly and available in FRENCH and ENGLISH! Know yourself better and discover your strengths while you embrace a whole health approach and achieve mind, body, and social balance. Free from labels, Speakbox is a 100% free tool backed by behavioral science designed to help you in living a more mentally healthy life."

On both the Apple App Store and Google Play Store

<https://apps.apple.com/ca/app/speakbox/id1450782176>

[https://play.google.com/store/apps/details?id=ca.speakbox.speakbox&hl=en\\_CA&gl=US](https://play.google.com/store/apps/details?id=ca.speakbox.speakbox&hl=en_CA&gl=US)

Read more about Aidan and Speakbox here: <https://bc.ctvnews.ca/vancouver-based-app-facilitates-mental-health-conversations-1.4479072>

Check them out on the app store or:

Web - <https://speakbox.ca>

Facebook - <https://www.facebook.com/hispeakbox>

Twitter - [https://twitter.com/hi\\_speakbox](https://twitter.com/hi_speakbox)

Email - [support@speakbox.ca](mailto:support@speakbox.ca) Feedback - <https://feedback.speakbox.ca>