

Mental Health & Well-Being Apps

1. Mindshift
Teaches relaxation skills, develops new thinking, and suggests healthy activities. New features for sleep and “riding out intense emotions.” For IOS and Android
2. What’s Up-A Mental Health App
Uses Cognitive Behavioral Therapy and Acceptance Commitment Therapy techniques. Includes a grounding game containing over 100 fun questions to help you stay present when stress is taking over. For Android and IOS
3. MoodMission
Learn new and better ways of coping with stress, low mood, and anxiety. Tell it how you are feeling and it will give you a tailored list of 5 missions that can help you feel better. For Android and IOS
4. Mindfulness Coach
Mindfulness Coach was developed for people who may be experiencing emotional distress and those wanting to maintain healthy coping practices. Audio-guided mindfulness practice. For IOS and Android
5. Stop, Breath, and Think (Kids version as well)
A mindfulness and meditation tool. Check in to how you are thinking and feeling. Guides you to recommended meditations, yoga, or acupuncture videos. For Android and IOS
6. Headspace: Meditation
Teaches you how to breath, meditate, and live mindfully. Exercises on managing anxiety, stress, breathing, sleep, happiness, calm, and focus. For Android and IOS
7. Self Help For Anxiety Management (SAM)
Offers a range of self-help methods to manage anxiety. For Android and IOS
8. Calm Harm
Provides tasks to help you resist or manage the urge to self-harm. For Android and IOS
9. Calm
Meditation and sleep stories. For Android and IOS
10. Oak
Guided meditation app that uses audio and nature sounds to meditate, breath, and assist with sleep. For Android and IOS
11. Uplift
For anxiety and depression. Uses CBT to guide users through 12 sessions and offers a toolkit. For IOS and Android.