

# MENTAL HEALTH APPS

*These Apps are great for strengthening your support systems, developing healthy coping mechanisms, aiding in recovery, and improving mental wellness*

ALL APPS ARE AVAILABLE FOR BOTH ANDROID AND IPHONE USERS

## SYMPTOM MANAGEMENT

### WHAT'S UP?



COST: FREE

Uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive.

### TALKSPACE



COST: FREE

This app is a counseling and therapy app that connects users with a convenient, affordable, and confidential way to deal with anxiety, stress, depression, relationship issues, and chronic illness. A free consultation is provided with a Matching Agent to identify the ideal therapist for your needs based on several factors. More than 1,000 licensed therapists are available, who specialize in anxiety, phobia, depression, domestic violence, PTSD, and more.

### MOOD PATH



COST: FREE

This app asks daily questions in order to assess your well-being and screen for symptoms of depression. The screening progress aims to increase your awareness of your thoughts, emotions, and feelings. More than 150 videos and psychological exercises are available to help you understand your mood and improve your mental wellness.

### EMOODS



COST: FREE

This app focuses on those experiencing bipolar disorder to help track depressive and psychotic symptoms, elevated mood, and irritability. This app can give an indication of the severity of each symptom, to which the user can then see their mood change on a color-coded monthly calendar. Helps identify triggers and better understand their fluctuating mood.

### NOCD



COST: FREE

This app incorporates two treatments: mindfulness and Exposure Response Prevention Treatment. You can receive immediate, clinically-supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way.

### PTSD COACH



COST: FREE

This app offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. This app was developed by the VA's National Center for Post-Traumatic Stress Disorder. This app allows you to customize the tools to best fit your individual needs.



## TRUREACH

COST: FREE

This app includes 18 CBT lessons that cover depression and anxiety, help identify thoughts, emotions, "thinking traps", goal setting, behavioral/thought tasks, and help change schemas.

## MOOD TOOLS



COST: FREE

This app focuses on symptoms for Clinical Depression. It has videos that can improve your mood and behavior, and provides a log to help analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, and assists in developing a suicide safety plan with lots of additional tools.

## SLEEP MANAGEMENT



### CBT-I COACH

COST: FREE

This app helps those who have experienced symptoms of insomnia and would like to improve their sleep habits. This app includes education about CBT-i, how sleep works, and gives tips on how to develop positive sleep behaviors/patterns.

### RELAX MELODIES



COST: FREE/ SUBSCRIPTION - \$4.99/MONTH

This app assists in sleep, as it has 41 High quality ambient sounds including 2 binaural beat frequencies for brainwave entrainment. You can personalize your sleep experience with timers for each sounds and customize playlists to help you fall asleep with ease.

## MINDFULNESS & MEDITATION

### CALM



COST: FREE

People experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music, to help promote sleep and relaxation. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you. Meditation sessions are available in lengths of 3-25 minutes.

### HEADSPACE



COST: FREE/ SUBSCRIPTION - \$12.99/MONTH OR \$9.99/YEAR FOR STUDENTS

This app helps you learn the skills of mindfulness and meditation by using it for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus.

### HAPPIFY



COST: FREE

This app offers techniques in the areas of CBT, positive psychology, and mindfulness to help break old and unhealthy patterns. This app offers activities and games to improve your life satisfaction and ability to fight negativity.

### TEN PERCENT HAPPIER



COST: FREE

This app has a library of 500+ guided meditations on topics ranging from anxiety and stress to parenting and sleep, as well as videos, bite-sized stories, and inspiration you can listen to on the go. Great app that assists in sleep improvement, relaxation, and mindfulness.