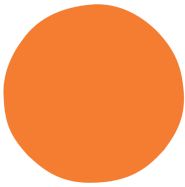


## SELF HELP APPS



### Headspace

- Guided meditation for a variety of specific topics
- Mindfulness reminders and breathing
- Visualization
- Tracking and sharing progress

[Headspace - Google Play Store](#)

[Headspace - Apple App Store](#)



### Stop, Breathe & Think

- Emotion check-in with recommended short, guided meditations and mindfulness, yoga, and acupuncture videos
- Mood and progress tracking
- Daily motivation tips and mini-practices
- Breathing exercises
- Sleep help with soundscapes, meditation, and breathing

[Stop, Breathe, Think - Google Play Store](#)

[Stop, Breathe, Think - Apple App Store](#)



### Calm

- Guided meditation at various lengths with a variety of specific topics
- Mindfulness-based relaxation techniques
- Practice gratitude and forgiveness
- Breathing exercises
- Soundscapes and visuals for meditation
- Adult bedtime stories to help you sleep

[Calm - Apple App Store](#)

[Calm - Google Play Store](#)



## Simple Habit

- Guided meditation including on-the-go quick guided meditation
- For various specific symptoms and life situations
- Daily motivations
- Track progress

[Simple Habit - Google Play Store](#)

[Simple Habit - Apple App Store](#)



## Colorfy

- Adult coloring and creativity with different pictures every week
- Works offline as well

[Colorfy - Google Play Store](#)

[Colorfy - Apple App Store](#)



## KORU Mindfulness

- Daily reminders on the skills you learned in class that week
- Logbook that automatically prompts after each meditation session with feedback from your Koru teacher and chat back and forth
- Track your stats to see how you're doing
- Guided meditations with timer and bell options
- Video tutorials of different meditation skills

[KORU Mindfulness - Apple App Store](#)

[KORU Mindfulness - Google Play Store](#)



### Liberate Meditation

- Liberate is the #1 meditation app for the Black, Indigenous, and People of Color community

[Liberate Meditation - Apple App Store](#)

[Liberate Meditation - Google Play Store](#)



### Mango Health

- Reminders to take medication and get refills and drug interaction info
- Reminders for healthy habits like drinking water, tracking your mood, taking your blood pressure
- Health history chart and daily health journal
- Earn points to win rewards

[Mango Health - Google Play Store](#)

[Mango Health - Apple App Store](#)



### Booster Buddy

- Emotion check-ins
- Coping skills and self-care techniques
- Track appointments and medications
- Create self-care routines

[Booster Buddy - Google Play Store](#)

[Booster Buddy - Apple App Store](#)



## What's Up?

- Uses CBT and ACT methods for managing depression, anxiety, stress, etc.
- Lists common negative thinking patterns and strategies to combat them
- Metaphors, quotes, and affirmations to help you cope
- Diary and emotion tracking
- Grounding game
- Catastrophe scale for perspective
- Forums to speak with others
- Breathing techniques

[What's Up? - Google Play Store](#)

[What's Up? - Apple App Store](#)



## Youper

- Uses Artificial Intelligence to learn from your use
- Mindfulness and meditation techniques (connects to GoogleFit)  
Journal and mood tracking
- Depression and anxiety screenings
- **Free assessment but \$36 per month**

[Youper - Apple App Store](#)

[Youper - Google Play Store](#)



## Think Up

- Positive affirmations
- Record personal affirmation to yourself
- Set notifications and/or add music

[Think Up - Apple App Store](#)

[Think Up - Google Play Store](#)



### Bliss Gratitude Journal

- Recurring schedule of exercises
- Journal and writing exercises help you to focus on the positive

[bliss31.com](http://bliss31.com)



### CBT-I Coach

- For people who experience symptoms of insomnia, developed for veterans
- Sleep education, positive sleep routines, and improving sleep environment

[CBT-I Coach - Apple App Store](#)

[CBT-I Coach - Google Play Store](#)



### BetterSleep: Relax and Sleep

(Formerly known as Relax Melodies)

- Sleep sounds (mixable): white noise (hair dryer, airplane, dryer, vacuum, fan), water sounds (rainstorm, ocean, lapping water, slow waves), meditation sounds (voices, instruments, ambient noise), and nature sounds (wind, rustling leaves, birds, crackling fire)

[BetterSleep - Apple App Store](#)

[BetterSleep - Google Play Store](#)



## Sleep Time

- Guided meditation
- Sleep timer
- Sleep cycle timer to wake you up at the lightest sleep stage
- Tracking with sleep score and analysis to better understand your sleep
- Variety of alarm sounds

[Sleep Time - Google Play Store](#)

[Sleep Time - Apple App Store](#)



## Calm Harm – manages self-harm

- Provides 5-15 min tasks to help you resist or manage the urge to self-harm
- Distract' helps in learning self-control
- Comfort' helps you care rather than harm
- Express yourself' gets those feelings out in a different way
- Release' provides safe alternatives to self-injury
- 'Breathe' helps you calm down and get back in control

[Calm Harm - Apple App Store](#)

[Calm Harm - Google Play Store](#)



## SAMHSA Suicide Safe

- Preventions tool based on SAMHSA's Suicide Assessment Five-step Evaluation and Triage (SAFE-T) guidelines for responding to suicidal ideation
- Review examples, explore resources, share crisis numbers, treatment locator

[SAMHSA - Apple App Store](#)

[SAMHSA - Google Play Store](#)



## Operation Reach Out

- Designed to prevent suicide among military personnel and veterans, but can be used by others
- Includes videos, activities, and a personal hotline
- Enter phone numbers for support people

[Operation Reach Out - Google Play Store](#)

[Operation Reach Out - Apple App Store](#)



## Happify

- Choose from over 30 different tracks such as conquer negative thoughts, cope with stress, build confidence, etc. to explore tools, activities, and games
- Guided meditation activities
- Track progress

[Happify - Apple App Store](#)

[Happify - Google Play Store](#)



## eMoods

- Mood tracking for Depression, Bipolar I or II and any other mood conditions for daily highs/lows, medication, sleep, and other symptoms
- Send a monthly PDF to your provider

[eMoods - Apple App Store](#)

[eMoods - Google Play Store](#)



## MindDoc Companion

(formerly Moodpath)

- Log your mental health and mood in real time.
- Get insights and summaries on your symptoms, behaviors, and general emotional well-being to help you recognize patterns and find the best resources for you.
- Discover our library of courses and exercises to help you on your journey toward emotional well-being.

[MindDoc - Google Play Store](#)

[MindDoc - Apple App Store](#)



## Daylio

- Journal and track daily moods and activities without NO typing (just clicking)
- Customize the names of moods, share stats with friends, lock your entries

[Daylio - Google Play Store](#)

[Daylio - Apple App Store](#)



## T2 Mood Tracker

- Use sliding scale ratings to track and graph mood and anxiety
- Generates reports to share with providers
- Reminders to update your mood
- Locator for mental health resources

[2 Mood Tracker - Google Play Store](#)

[2 Mood Tracker - Apple App Store](#)





## AIMS Anger & Irritability Management Skills

- Designed for military personnel and veterans, but can be used by others
- Provides education about anger, tools for managing anger reactions, and opportunities for finding support
- Create an anger management plan and anger tracking

[AIMS - Google Play Store](#)

[AIMS - Apple App Store](#)



## Verena

- Personal security system for the LGBTQ+ community
- Develop a network of emergency contacts who can be alerted without leaving a trace on your phone
- Emergency feature to guide you through your problem, giving you resources to get out of the emergency safely
- Create incident logs to keep track of abuse, hate crimes, or bullying for reference and later reportation
- Select the preferences that match your situation, such as using incognito mode to hide the app behind a math user interface, and shutdown which can permanently disable the app if found by an abuser
- Set the timer and if not canceled, the app will send an emergency alert to all contacts with your last known location

[Verena - Apple App Store](#)



## You Are Important

- Hundreds of positive videos from the It Gets Better® and You Can Play® Projects of people from corporations, sports teams, universities, police, politicians, celebrities, and musicians, and others just like you

[You Are Important - Google Play Store](#)



## SoberTool

- For substance and behavioral addictions
- Sobriety counter that tracks days and money saved
- Relapse prevention support and discussion forum
- Strategies for managing emotions and cravings
- Daily motivational tips

[Sober Tool - Apple App Store](#)

[Sober Tool - Google Play Store](#)



## Sober Grid

- Connects you to sober people nearby and around the world
- Remain completely anonymous or choose what you want to share

[Sober Grid - Google Play Store](#)

[Sober Grid - Apple App Store](#)



### [WorryTree: Anxiety Relief & CBT Diary](#)

- WorryTree helps you record, manage and problem solve your worries and anxiety based on Cognitive Behavioral Therapy (CBT) techniques.
- WorryTree supports you through the problem-solving process - helping you either to make a plan to deal with your worry or find in-the-moment distractions to help you cope.

[WorryTree - Apple App Store](#)

[WorryTree - Google Play Store](#)



### [Stop Panic](#)

- Focuses on the fear of having a panic attack and the fear of the sensations when having panic
- Articles about panic and anxiety
- Diary to challenge fearful thinking
- Audio with emotion regulation training for calming
- Panic coach to guide you through panic

[Stop Panic - Google Play Store](#)



### [Tactical Breather](#)

- Repetitive practice and training to learn to gain control over physiological and psychological responses to stress
- Tutorial and practice mode to help you learn breathing strategies

[Tactical Breather - Apple App Store](#)

[Tactical Breather - Google Play Store](#)

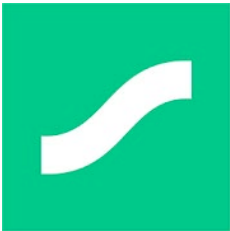


## PTSD Coach

- Designed for veterans and military service members with Post-Traumatic Stress Disorder (PTSD), but can be used by others
- Provides education about PTSD, information about professional care, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD for relaxation, anger management, and positive self-talk
- Includes a self-assessment for PTSD

[PTSD Coach - Apple App Store](#)

[PTSD Coach - Google Play Store](#)



## Sanvello: Anxiety & Depression

(formerly known as Pacifica: Stress & Anxiety)

- Provides tools to address stress, anxiety, and depression at your own pace
- Audio exercises for mindfulness meditation, breathing, relaxation, visualization
- Journaling and mood/health tracking
- Daily challenges and goals
- Peer support community

[Sanvello - Google Play Store](#)

[Sanvello - Apple App Store](#)



## SAM

- Range of self-help options covering: Information about anxiety, thinking and anxiety, physical/muscle relaxation, mental relaxation, Health and Anxiety
- Self-monitoring of anxiety with graphical display
- Users are encouraged to build their own Anxiety Toolkit of SAM resources that they find helpful and to draw on this for regular practice in managing situations that are associated with anxiety

[SAM - Apple App Store](#)

[SAM - Google Play Store](#)