

Mental Health Apps

ANXIETY AND DEPRESSION

Better Me: An app designed to fight stress, sleep better and find your inner peace, including simple meditations and guided courses for well-being.

Bloom: A CBT therapy and journal app that will help you empower yourself to live a balanced science-backed life with tools, daily advice, interactive videos, journaling features, lessons, programs and more!

Clear Fear: A free app for children and teens to learn tools for managing symptoms, changing anxious thoughts and emotions, altering behaviors and calming fear.

Dare: An award-winning panic and anxiety relief app that includes a training program with a mood journal to help you overcome anxiety, panic attacks, and worry.

How We Feel: An emotional well-being journal app. Created by scientists and therapists to help people better understand their emotions, find strategies to help them navigate their feelings in the moment, track them and find the right words to describe how they feel.

Moodfit: A highly rated app designed to reduce anxiety, depression, and high levels of stress, containing tools and insights to reduce stress and build resilience.

MoodNotes: Capture your mood and help improve your thinking habits through an innovative approach to journaling, learning about your trends and increasing your self-awareness.

Rootd: A panic attack relief app. Calm, stop, and prevent anxiety and panic attacks. Complete challenges, guided deep breathing exercises, lessons, soothing visualizations and more!

Sanvello: A CBT tool app that teaches mindfulness skills and provides daily mood and health tracking tools to improve mental and physical health.

Shmoody: An app that's been called the anti-stuck-in-bed app. It's a mood and habit-tracking app to help with depression, anxiety, and ADHD.

MEDITATION, MINDFULNESS AND DEEP BREATHING

Balance: This app breaks down meditation into concrete, trainable skills and tracks the time you spend on a personalized meditation experience. Includes a personal meditation coach and 10-day personalized plans to teach meditation skills.

Breath2Relax: This app teaches you techniques for belly breathing, a common relaxation technique to address various mental health issues.

Breethe: A sleep and meditation app with personalized programs to help you achieve your goals. Includes meditations, music, hypnotherapy, nature sounds, masterclasses and more!

Calm: An app that guides you through meditation, deep breathing and sleeping with its extensive library of exercises and music.

Headspace: An everyday mindfulness and meditation app that helps to build daily habits and be kind to your mind.

Insight Timer: A free guided meditation app to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.

SUBSTANCE USE

12 Steps Companion AA Big Book: This app contains the Big Book reader, sobriety calculator, AA contacts database, and more to support your sobriety journey.

Drinker's Helper: An app to help you cut back or quit drinking. You can track your progress, discover a community, join a support group, learn strategies to deal with urges and change your thoughts about drinking.

I Am Sober: A sobriety tracker that helps to build new habits, motivate, and connect you to a community to support your sobriety, one day at a time.

My Spiritual Toolkit: A free and straightforward kit of spiritual tools such as spot-checking, nightly inventories, journals, and gratitude lists.

SoberBuddy: An addiction recovery app to help you get and stay sober. Get connected with the sober buddy community, track your progress and journey, get and stay motivated and more!

Self-Harm

Calm Harm: A free, award-winning app that helps you manage or resist the urge to self-harm. It includes activities and ways to monitor and track your urges.

OCD

NOCD: This app offers in-between session support with live video chats to engage in proven OCD treatment to support your well-being.

PTSD

PTSD Coach: An app developed by the Department of Veterans Affairs' National Center for PTSD, intended for use by veterans, military personnel, and civilians experiencing symptoms of post-traumatic stress disorder. It provides a self-assessment tool that allows users to track symptoms over time (though it does not clinically diagnose PTSD) and tools for managing symptoms. Users can also store contacts for personal support, locate nearby treatment programs, and contact the National Suicide Prevention Hotline quickly in emergencies.

GRATITUDE

3 Good Things: A self-care diary designed to cultivate gratitude, appreciate small moments, and elevate overall well-being through consistent self-reflection.

bSafe: A Personal safety app where you can create a "social safety network" that will be notified if you feel unsafe. It includes a siren and can live-stream or record your situation. It can also transmit your location, and it can all be activated by saying your key safety phrase out loud.

Gratitude Journal, Affirmation: A self-care tool with a journal feature, affirmations, vision board, daily motivation and tools.

DOMESTIC/INTIMATE PARTNER VIOLENCE AND ASSAULT

myPlan Safety App: This informational app is meant to help the user determine if their relationship is unsafe and healthy. Includes a danger assessment, customized strategies and action plans, local resources, etc.

Noonlight: An app built to help you feel secure traversing from one place to another (think: dark parking lots on a college campus), though it does have a side benefit for domestic violence situations. Simply hold down a button on the screen when feeling unsafe. If released, 911 is contacted for you and police are dispatched. To cancel the call, you must enter a four-digit PIN.

VINElink: The Victim Information Notification Everyday (VINE) for victims of a crime that allows survivors or concerned citizens to access timely and reliable information about offenders. You can receive automated notifications by phone, email or texts of a criminal offender's custody status.

ADHD HABITS & GOALS

Fabulous: A self-care coaching app that harnesses the power of the wisdom of behavioral science to help you develop lasting healthy habits by creating meaningful daily rituals and routines to help achieve your goals.

HabitHub: Organizational app to help form good habits. This app supports daily schedule planning, focus and time management tools, and analyzes trends.

Habit Tracker: An app to help you build good habits and reach your goals by sending reminders, tracking habits with statistics, and analyzing your progress. You can invite your friends to join you!

Productive: A productive habit planner helps you on your journey toward a more organized, focused, and fulfilling life. Easily set goals and manage your habits with our intuitive and user-friendly interface.