

APPS FOR WELLNESS

MHEALTH APPS ON YOUR PHONE

A Friend Asks

Provides information, tools and resources to help a friend (or yourself) with thoughts of suicide.

Anxiety Reliever

Enables users to track anxiety symptoms and provides relaxation exercises.

AnxietyCoach

Addresses fears and worries using CBT strategies.

***Bibliotherapy**

Allows clients to utilize resources using Goodreads, Nook or Kindle

Breathe2Relax

Teaches breathing techniques to manage stress.

Circle of 6

Connects with trusted friends to stay close and attempt to prevent violence before it happens.

Cognitive Diary CBT

Challenges irrational thinking, using methods from CBT.

CPT Coach

Offers education about PTSD symptoms and a step-by-step approach to CPT Treatment.

DBT Self-Help

Designed to help you cope with overwhelming emotions and impulsive behaviors.

Depression CBT Self-Help Guide

Contains a depression severity test, audios, articles, a cognitive diary, and motivational points.

Finding Optimism

A mood tracker using symptoms and triggers.

GPS for the Soul

Uses biofeedback to help you determine your level of stress, and helps you manage stress with meditation tools that include calming pictures and music.

Headspace

Teaches mindfulness and cognitive diffusion, breathing exercises, meditation practice, tips for increased relaxation and concentration

iCBT App

Helps identify, appraise and reappraise negative thoughts using components of CBT.

iQuit

Makes a smoker wanting to quit wait longer between each smoke until they are gradually able to quit.

LifeBuoy

Assists suicide survivors after a recent attempt.

Live OCD Free

Designed for CBT treatment of OCD with different sections for children and adults.

MindShift

Targeted to help adolescents, teens, and young adults gain insight into and basic skills to manage their symptoms of anxiety disorders.

The Mindfulness App

Choose from five guided meditations, with options for listening to calming music or nature sounds.

MoodKit

Teaches self-monitoring, identifying and changing unhealthy thought patterns, and engaging in mood-enhancing activities.

MoodTools

Provides psychoeducation about risk factors and psychosocial approaches treat depression.

MoodGYM

An internet based Cognitive Behavioral treatment for Depression developed by a psychologist.

Nature Sounds Relax and Sleep

6 different good quality nature relaxing sounds (sounds of nature)

Pacifica

Teaches deep breathing, behavioral exercises, excises and identifying cognitive distortions

Panic Relief

Helps individuals with panic disorder access coping tools to better manage and move through panic attacks

Personal Zen

A series of games based on clinical findings about methods for reducing anxiety levels

Pay It Forward

Encourages a daily act of kindness--a proven stress reducer--with a list of suggestions as well as connection to a community

PE Coach

Designed for individuals with PTSD, specifically those working with a therapist using prolonged exposure (PE) treatment.

PTSD Coach

Helps individuals suffering from PTSD, as well as those simply interested in learning more about this disorder.

Pocket Yoga

Look up single poses or put together entire routines from a range of yoga styles and all levels of difficulty.

Porn and Sex Addiction Support

Provides support through chat, news and video podcasts.

Quit Drinking

Designed to help people cope with the emotional and physical cravings for alcohol.

Relax Melodies: Sleep and Yoga

Select sounds and melodies that you like and combine them to create a mix.

ReliefLink

Assists users with tracking daily mood/thoughts, creating a safety plan, locating the nearest hospitals, and obtaining coping methods.

SAM

Offers options for tracking anxiety, identifying anxiety triggers, teaching breathing and relaxation strategies, and developing an anxiety management toolkit.

Self-esteem Blackboard

This app may be for you if low self-esteem is affecting your relationships or preventing you from being successful at school or work.

Self-Help Anxiety Management

Helps you understand what causes your anxiety, monitor your anxious thoughts and behavior over time.

Stress Doctor

A cycle of stress-busting deep breathing exercises combined with a heart rate monitor so you can see the effects on your body in real time.

Stop Panic and Anxiety

Offers self-help methods to control panic and anxiety.

Squeeze and Shake

Don't internalize your anger and stress, but vent them harmlessly on a virtual rubber duck.

T2 Mood Tracker

Allows you to monitor and track emotional health

Tactical Breather

Gain control over physiological and psychological responses to stress

T2 Mood Tracker

Helps individuals track their emotional states and how they change over time for personal insight and accurate reporting to a mental health professional.

Virtual Hope Box

Helps with coping relaxation, distraction from overwhelming emotion, and positive thinking.

What's My M3

Helps individuals rate various symptoms of mood disorders to determine the impact it may have on their functioning.

WorryWatch

Provides simple self-monitoring and documenting of worry within a pre-fixed menu, as well as a graphical tool that charts the worry entries by various factors.

SOURCES

Anxiety and Depression
Association of America
(ADAA)

Amherst College's Campus
Mental Health and
Wellness Center

*Complete list of resources
to follow*

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