

[The Givers' Guide is a Project Created and Coordinated by Frayde Yudkowsky, LSW, LMSW, CTP.](#) The Givers' Guide is a constant work in progress. Please email any corrections, additions or changes to GiversGuide613@gmail.com

| TITLE | DESCRIPTION | COST | IOS/ANDROID | NOTES |
|--|---|-----------------------|-------------|-------|
| Anxiety | | | | |
| Butterfly Diary | Assists the treatment of panic and anxiety as part of Cognitive Behavioural Therapy. This app is used to keep accurate track of panic and anxiety events as they happen and is used to reflect on these events afterward. | Free | IOS/Android | |
| Dare: Anxiety & Panic Attack Relief | An evidence-based app that offers a fresh approach to overcoming anxiety, panic attacks, worry, and insomnia no matter how long the problem has been present. On-screen guides gives something to focus on while breathing deeply and listening to calming nature sounds. SOS section included as well as a 'Relax' area filled with techniques to calm the nervous system and help unwind at night. | Free and Paid Options | IOS/Android | |
| MindShift | Mind Shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations. | Free | IOS/Android | |
| Pacifica | Pacifica is an app with anxiety and stress in mind. It provides a toolbox to deal with daily anxiety and stress, along with a highly supportive community of like-minded individuals. Pacifica helps you to break cycles of unhelpful thoughts, feelings, and behaviors through methods such as CBT, mindfulness meditation, mood tracking, and relaxation. The app houses audio lessons and activities that help you to cope with stress and depression, and it sets daily challenges to help you tackle anxiety one day at a time and reach your long-term goals | Free | IOS/Android | |

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| Panic Relief | Panic Relief is designed to help in the midst of high anxiety or a panic attack. Through short cartoons, the app guides you through the sensations that accompany panic and helps you to stay calm during an attack. The app offers various resources to help you to understand what is happening in your body during a panic attack as well as activities—like breathing and relaxation exercises, as well as positive visualization—to help you to soothe and calm yourself, and in some cases, stave off some symptoms. | Free | IOS/Android | |
| Rootd | If you've ever felt the need to hit a big fat panic button during an anxiety or panic attack, Rootd is for you. It provides, quite literally, that virtual panic button. Hit it, answer a few questions, and Rootd will guide you through. | Free and Paid Options | IOS/Android | |
| Self-Help for Anxiety Management | SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support. | Free | IOS/Android | |
| | | | | |
| BREATHING | | | | |
| Breethe | Meditation, hypnotherapy, stories, music, sounds - wellness solutions that work. An all-day (and night!) partner for anxiety, stress, sleep, and more. Rather than making meditation and wellness more items on your to-do list, we make it easily fit into your everyday life. Breethe's content is developed by qualified professionals to create the most effective and supportive experience. | Free and Paid options | IOS/Android | |

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| Breathe2Relax | This app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax works by decreasing the body's 'fight-or-flight' stress response, making it a great option for people suffering from PTSD. Breathe2Relax teaches diaphragmatic breathing or "belly breathing," a technique that encourages full oxygen exchange and has been shown to lower the heart rate, lower blood pressure, and help relieve stress. This type of breathing can help people who are experiencing panic, anxiety, PTSD, or anger. The app features videos, reading materials, and ways for users to track their progress. | Free | IOS/Android | Created by the National Center for Telehealth and Technology, |
| CBT | | | | |
| CBT Thought Record Diary | The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations. | Free | IOS/Android | |
| Cognitive Diary CBT | Aims to teach the user self-help tools of cognitive-behavioral therapy (CBT) as a means of challenging irrational thinking that might otherwise lead to anger, anxiety, depression, relationship conflict, or stress. Can customise a list of emotions/moods, and can add personal coping statements to a list of challenges. Allows the user's history of recorded events to be reviewed. Password protected. The app's methods are claimed to be shown in psychological research as effective in changing behaviour, emotions, and moods. | Free | Android | |
| Depression CBT Self-Help Guide | Provides education on depression and the best strategies for managing the symptoms. It encourages you to engage in self-care behaviors that can improve your mood. The app is based on cognitive behavioral therapy which has been shown to be an effective treatment for depression. You'll learn simple relaxation strategies for reducing stress and you'll discover how to change your thinking so you can reframe the thoughts that fuel your depression. | Free | Android | |

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| Mood Kit | MoodKit uses the foundation of Cognitive Behavioral Therapy (CBT) and provides users with over 200 different mood improvement activities. Developed by two clinical psychologists, MoodKit helps you learn how to change how you think, and develop self-awareness and healthy attitudes. The journal feature is a great way to practice self-care by reflecting on the day, noting any distressing thoughts, and documenting how you overcame them. | \$4.99 | IOS | |
| Reflectly | On top of encouraging a regular journaling practice, this self-care app uses positive psychology, mindfulness, and CBT to teach you how to reduce stress, develop gratitude, and gain perspective in life. It also doubles as a mood tracker, thanks to the A.I.-generated journaling prompts that collect info on how you're doing. | \$10/month or \$48/year | IOS/Android | |
| What's Up | What's up is an amazing free app that 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. We particularly love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues. Try it out for yourself. | Free | IOS/Android | |
| DBT | | | | |
| Daily DBT Diary | Add and track custom target urges & emotions, daily tracking of your urges & emotions, daily tracking use of core DBT skills, guided breathing exercise to help with anxiety and depression. Option to lock your diary with a passcode and Touch ID, setup daily reminders to fill out your diary, export and send your weekly diary as PDF via email to your therapist/care team. | Free and Paid Options | IOS | |

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| DBT Coach | <p>Learn and practice DBT skills using video lessons and fun animations which helps you to remember skills longer. Features over 100 videos and 200+ animations. User friendly diary card for skills and target behaviors. Summary screens to check your progress. Analytics to get insight into your own behavior as you learn new skills.</p> <p>Ability to share with therapists and care team. Track your progress on how you are doing and get motivated to obtain new skills.</p> <p>Complete exercises and practice ideas that are similar to worksheets in actual DBT skills training. Crisis survival list to manage your crisis. Community tools such as Discussion Groups and Peer Support Groups to help you practice and share knowledge about DBT Skills. App integrates with a clinician app.</p> | Free and Paid Options | IOS/Android | |
| DBT Companion | <p>Learn and practice DBT skills using video lessons and fun animation. User friendly diary card for skills and target behaviors. Summary screens to check your progress. Ability to share with therapists and care team. Track your progress on how you are doing and get motivated to obtain new skills. Get awards for tasks done towards obtaining new skills or keeping up with one you already know. Practice ideas and exercises to practice each skill. Can be used together with your existing DBT therapist or skills group for your homework. Over 1000 meditations ranging across multiple themes from some of the best teachers in the world.</p> | Free | Android | |

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| DBT Selfhelp and Diary Card | DBT Self-help is a tool that helps you manage overwhelming emotions, break destructive impulsive behaviors, navigate relationships and cultivate mindfulness. It contains skill descriptions complete with rationale and practice tips based on Dialectical Behavior Therapy that will enable you to develop and use the needed skills. App will help use effective skills to identify, manage and regulate feelings and emotions, cope with overwhelming emotions without acting impulsively, gain greater understanding on how thoughts, emotions, physiology and behaviors affect each other, build and manage healthy balanced relationships and develop tools of communication, change behavior to increase the positive emotions in your life and increase your level of mindfulness and cultivate your awareness and concentration. | Android - \$0.99 IOS - \$0.99/month | IOS/Android | Languages: English and Swedish. More languages will be added in future updates. |
| DBT 911 | For each module, Mindfulness, Emotional Control, Manage relationships and Distress tolerance, are the skills represented and tutorials . Contains over 150 different suggestions on skill exercises. Also offers the opportunity to create your own crisis list so you will always have it with you. | Free | Android | Available in Swedish, English, German, Hebrew and Russian. |
| Impulse | Impulse - Brain Training App offers you a great way to improve your mental health by playing entertaining and challenging mind games. Quick brain workouts along with proper physical exercising and diet may help to keep your brain clear, sharp and ready for day-to-day life challenges. offer a diversified range of personalized workout plans for different brain areas (e.g. memory, attention, concentration, mental maths, problem-solving, creativity, etc.) as well as training games aimed at boosting your cognitive abilities. Games are challenging enough to ensure you progress over time and along with that comprehensible to any age and expertise level. | Free and Paid Options | IOS/Android | Available in English, French, German, Italian, Japanese, Korean, Portuguese, Russian, Simplified Chinese, Spanish, Traditional Chinese, Turkish, Ukrainian, Vietnamese |
| EATING DISORDERS | | | | |

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| Eat Right Now | Eat Right Now is a 28-day program to help you change your relationship to eating -forever. Developed by Dr. Judson Brewer MD PhD, an addiction psychiatrist and world-renowned expert in mindfulness training, and the team at MindSciences, this program will give you step by step training to help you learn how to work with food cravings, what type of food you reach for and how you eat. Eat Right Now provides daily instruction through playlists of audio and video tracks, goal-setting tools, and daily reminders. | Free and Paid Options | IOS/Android | |
| Baritastic | The #1 app for Bariatric patients. Track things like inches lost, hunger, happiness and even bowel movements. Connect to your bariatric program through videos, support services, patient portal and more. Monitor your progress and be alerted when you don't meet requirements. For patients and providers. | Free | IOS/Android | |
| Omada | Disordered eating can be an invisible issue. If you're struggling with your nutrition or body image, try Omada, which connects users to a nutritionist and a connected, body-positive scale. Weekly lessons about redefining your relationship with food also give you the support necessary to beat your eating disorder. | Free Plans start at \$140 per month without insurance. | IOS/Android | |
| Recovery Record | Recovery Record is a great app for anyone recovering from an eating disorder and wanting to develop a more positive body image. Keep a record of the meals you eat and how they make you feel using the app and complete questionnaires that'll help you track your progress over time. One user calls Recovery Record a "remarkable recovery tool"; "It helps me stick to my meal plan, provides an outlet to vent about my food concerns and helps me stay intact with my body to work with it rather than against." | Free | IOS/Android | |
| Rise Up and Recover | Rise Up + Recover is a unique app as it not only allows you to track your meals and how you feel when you eat them, but you can also transcribe your progress into a PDF printout. Pull up the Rise + Recover app on your mobile when you feel the urge to binge or skip a meal, and need quick coping strategies. | Free | IOS/Android | |
| GAMES | | | | |

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| Forest | Forest is an app helping you put down your phone and focus on what's more important in your life. Whenever you want to stay focused, plant a tree. Your tree will grow while you focus on your work. Leaving the app halfway will cause your tree to die. Helps stay focused, gets you motivated and keep track. | \$1.99 - IOS | IOS/Android | |
| SuperBetter | SuperBetter is a game focusing on increasing resilience and the ability to remain strong, optimistic, and motivated when presented with challenging obstacles in life. The app will help you to adopt new habits, improve your skills, strengthen relationships, complete meaningful projects, and achieve lifelong dreams. SuperBetter also has the potential to help you beat depression and anxiety, cope with chronic illness, and recover from post-traumatic stress disorder (PTSD). | Free | IOS/Android | |
| GRATITUDE DIARY | | | | |
| Gratitude | The antidote to our unhappiness is gratitude. Keeping a Gratitude Journal and practicing Gratitude increases happiness, improves mental health, helps savor positive experiences, fosters resilience, boosts self esteem and lots more. Gratitude app includes many features. | Free and Paid Options | IOS/Android | |
| Gratitude Garden | This app pushes you to think about what has gone right in your day, which has been shown to increase happiness. Every time you note down what good things have happened (and there is always something), you receive points you can use to build up a garden and also a Gratitude Card with suggestions for further things you could do to increase your gratitude and happiness. Research shows that one of the most effective ways that people can become happier is to note down the good things that happen every day. This shifts our focus onto what has gone right, rather than leaving us to ruminate about problems. Gratitude is also linked to high self-esteem, kindness, good health, energy and generosity. | Free and Paid Options | IOS/Android | |

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| Happyfeed | Therapists often recommend gratitude journaling for better mental well-being. If you've had a hard time picking up the habit, try Happyfeed. On top of recording daily things you're grateful for, you can upload pictures and memories to go with it. When you need a pick-me-up, shake your phone to access your "Happiness Jar" and you'll be able to see a random day from the past. | \$3/month or \$30/year | IOS/Android | |
| GUIDED IMAGERY | | | | |
| Health Journeys | Guided Imagery and Meditation audios offer simple but powerful ways to alleviate distress, reduce anxiety, promote restful sleep, and provide a sense of mastery and confidence. They reinforce motivation for healthy behavior change, and catalyze peak performance. Can play offline once downloaded. | Free Trial Plans starting at \$4.99 | IOS/Android | |
| MEDITATION/MINDFULNESS | | | | |
| Aura | 3 minutes a day, exclusive tracks from world's top coaches, Mindfulness for every mood and topic. 1000's of Meditation stories, coaching, sounds and music, helps reduce stress and anxiety, sleep better and find peace. | Free | IOS | |
| Calm | Focuses on the four key areas of meditation, breathing, sleep, and relaxation, with the aim of bringing joy, clarity, and peace to your daily life. Calm is the perfect app if you are new to meditation, but it also offers programs for more advanced users. Meditation sessions are available in lengths of 3-25 minutes, to fit in with your schedule. | Free | IOS/Android | |
| Jour: Journal for Mindfulness | This interactive journal asks you to reflect daily on yourself and the world around you. In doing so, you track your mood and build insightful reports of your well-being over time. | \$8/month or \$60/year | IOS | |
| Headspace | Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. Gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. Also has a handy "get some headspace" reminder to encourage keeping to practicing each day. | \$12.99/Month | IOS/Android | |

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| Healthy Minds | Featuring our proprietary Awareness, Connection, Insight, and Purpose, Well-being Framework, the Healthy Minds Program is a holistic, all-encompassing meditation app that offers the best of both guided meditations and opportunities to learn. Learn simple skills to enhance personal well-being, build healthy relationships, and improve communication, performance, and creativity. | Free | IOS/Android | Research from world-renowned neuroscientist Dr. Richard Davidson and his team at the Center for Healthy Minds at the University of Wisconsin |
| iBreathe | Deep breathing is a small way to ease stress and anxiety symptoms, and a little guidance can go a long way. iBreathe's uncluttered and simple-to-use interface is as soothing as it is helpful. Just breathing exercises, no frills. Plus, you make your own exercises by setting custom intervals. You decide how long to inhale, how long to hold, how long to exhale, and how many times you repeat it. | Free | IOS | |
| Insight Timer | Offers courses on how to meditate, a fan-favorite meditation timer and more than 15,000 guided meditations with renowned teachers like Tara Brach, Jack Kornfield, Thich Nhat Hanh, and Kristin Neff. Also track progress and streaks with neat charts. | Free | IOS/Android | |
| Let's Meditate | Tracks range from 5 minutes to 40 minutes. Huge variety of content, guided meditation tracks that cater to various topics matching specific situations including sleep, healing, body scan, anxiety and more. Offline support available. | Free | IOS/Android | |
| Mindfulness Coach | Provides a gradual, self-guided training program designed to help understand and adopt a simple mindfulness practice. Also offers a library of information about mindfulness, 12 audio-guided mindfulness exercises and a growing catalog of additional exercises available for free download, goal-setting and tracking, a mindfulness mastery assessment to help track progress over time, customizable reminders, and access to other support and crisis resources | Free | IOS/Android | Created by VA's National Center for PTSD. |

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| Mindful Moments | Free Cleveland Clinic Meditation and Breathing, practice clinically proven relaxation techniques that will help reduce and control feelings of stress. Featuring a variety of different relaxation techniques, Mindful Moments by CCW is easy to use and highly effective. By practicing these techniques, you will impact your health destiny and change your life for the better. | Free | IOS/Android | Based upon Stress Free Now, Cleveland Clinic's clinically proven, 6-week online course for reducing stress and increasing positive emotions and energy. |
| MyLife Meditation | MyLife aims to help you create your own ~quiet place~ away from the world with guided, emotion-based meditations. Reviewers shout out its simplicity and lovely art as highlights. | \$10/month or \$59/year | IOS/Android | |
| Simple Habits | Designed specifically for busy people. Offers a basic wheel of audio-guided five-minute meditations for specific scenarios, along with a fuller library of mindfulness content uploaded by the teachers on its platform — divided into topics like stress, personal growth, kindness, relationships and work. | Free Subscription: \$3.99/week's access, \$11.99/month and \$99.99/year. | IOS/Android | Founded by Yunha Kim. |
| Stop, Breathe, Think | Fit mindfulness seamlessly into your daily life, with meditation, breathing, yoga, guided journaling and more. Also providing fun character-based videos teaching younger kids the basics of mindfulness, and our engaging Chill Pill activities are great for older kids and adults alike. | Free | IOS/Android | Stop, Breathe & Think was born out of Tools for Peace, a non-profit dedicated to teaching the skills of mindfulness and meditation to inner-city teens. |
| Sowlmate | This new LGBTQ+-focused self-care app has a unique library of multiday courses and single guided meditations. Some are for broader mental health purposes, such as relaxation, and others are specific to a variety of LGBTQ+ experiences, like dealing with family rejection or going through a breakup. | \$15/month or \$40/year | IOS | |
| Ten Percent Happier | Want to sleep better, find relaxation, be more mindful and, well, ten percent happier? This is the app for you. Ten Percent Happier 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. New content is added weekly so you'll never tire of having to do the same meditative practice again and again. | \$12.99/Month | IOS/Android | |

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| 1000 Guided Meditations | All-encompassing app that has something for everyone. Offering different categories, including beginner; guided meditations for mindfulness, relaxation and sleep; and varying lengths of meditations ranging from 1 to 20+ minutes. | Free | IOS/Android | |
| MENTAL HEALTH | | | | |
| eMoods | eMoods is a mood tracking app designed specifically for people with bipolar disorder. Throughout the day, users can track depressive and psychotic symptoms, elevated mood, and irritability and give an indication of the severity of their symptoms. Users can then see their mood changes on a color-coded monthly calendar and even export a monthly summary report to identify specific triggers and better understand their fluctuating mood. | Free | IOS/Android | |
| Fabulous | It's not strictly a mental health app, but Fabulous has such an enthusiastic fan base that it's worth including anyway. At its heart, Fabulous is a habit-tracking app, and many people praise it for being actually motivational and helpful for developing long-term self-care habits. | \$15/month or \$70/year | IOS/Android | |
| Gottman Card Decks | The Gottman Institute has been researching relationships and working with couples to improve communication for decades. This high-tech deck of cards provides a list of questions to spark deeper conversations, bring up difficult topics, and heat up your sex life. | Free | IOS/Android | |
| Happify | Happify employs techniques and evidence-based interventions in the areas of CBT, positive psychology, and mindfulness to help you break old and unhealthy patterns and form new, healthful habits. The app offers activities and games to improve your life satisfaction and ability to fight negativity. Your emotional well-being is calculated as a happiness score that you can improve upon each week. | Free | IOS/Android | |

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| I Am Sober | Struggling with addiction is never easy, especially these days. I Am Sober helps fill in the social gap caused by the pandemic, offering the motivation and support you need to overcome addiction. In the app, you can see exactly how long you've been sober, set and build healthy habits, track how much money and time you've saved, and connect with others going through the same process. | Free with in-app purchases | IOS/Android | |
| IMoodJournal | Part personal journal and part mood tracker, IMoodJournal can be used to record everything from mood and symptoms, to sleep, medications, and energy cycles. By tracking these various factors, you're able to analyze your daily feelings through summary charts that indicate where your stress levels rise and fall. | \$1.99 | IOS/Android | |
| Mental First Aid | Consists of 2 guided exercises: Let Go (of your thoughts) and Feel It (dissolve the discomfort). Both exercises help to prevent stress, enhance well being and can help fight anxiety, insecurity, overwhelm, anger and sadness and other emotions that may be limiting you. Helps let go of thoughts and experience a sense of inner calm. The exercise enhances ability to focus and concentrate in situations that demand full attention. | Free | IOS/Android | |
| Moodfit | Questionnaire that will help you determine the severity of the symptoms, as well as many articles and audio files that can help you better understand what you're experiencing. Moodfit also allows you to track your moods. Over time, you'll better understand what types of things affect your feelings—like sleep, medication, and exercise. The app offers actionable insights into what affects your mood and provides strategies for feeling better. There's a cognitive behavioral therapy portion of the app which can teach you how to dispute overly negative thoughts. There's a thought record that provides strategies for modifying irrational thoughts so you can learn how to think differently. | Free | Android | |

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| Moodnotes | <p>Moodnotes is a thought journal and mood diary. The app can be used to capture your feelings and improve your thinking habits through the implementation of CBT and positive psychology. Track your mood and increase self-awareness of what influences it. Learn to recognize "traps" in your thinking and ways to rethink the situation. If you happen to enter a "thinking trap," Moodnotes will provide suggestions and useful perspectives to reduce stress and enhance well-being. Progress is viewable in the helpful "Insights" dashboard.</p> | \$3.99 | IOS/Android | |
| MoodMission | <p>Helps people who are dealing with stress, anxiety, or depression. The app recommends "missions" based on how the user is feeling. Emotion-based activities like breathing exercises, behavior-based activities like learning how to knit, crochet, or sew, physical activities such as push-ups and thought-based activities such as learning how to reframe negative thoughts.</p> | \$4.99 - IOS | IOS/Android | |
| Moodpath | <p>Moodpath is your pocket-sized mental health companion. Whether you are facing a rough patch or have concerns about your mental health, the app's goal is to support you through the difficult times and guide you out the other side. Moodpath 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. After a period of 2 weeks, the app generates an electronic document that you can discuss with a healthcare professional. More than 150 videos and psychological exercises are available to help you understand your mood and strengthen your mental health.</p> | Free | IOS/Android | |
| Moodtools | <p>Aims to support those with clinical depression by aiding the path to recovery. Discover helpful videos that can improve moods and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more with this free app.</p> | Free | IOS/Android | |

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| RAINN | Experiencing sexual violence is a risk factor for mental illness. To combat its physical and mental strain, Michener recommends RAINN, a free app designed by its namesake National Rape, Abuse & Incest National Network. Chat with support specialists, explore self-care exercises, and learn about healing from sexual trauma. | Free | IOS/Android | |
| Sanvello | Provides clinically validated techniques for dealing with stress, anxiety, and depression. Sanvello provides users with cognitive behavioral therapy tools. They teach mindfulness skills and provide mood and health tracking tools that can be used to improve mental and physical health. Track your mood on a daily basis, guided journeys that may help you feel more in control of your life and help you build lifelong skills that can help you build confidence and feel better. There's also a community that allows you to connect with another anonymously. Share advice, ask questions, or talk to others who understand what you're going through. | Free and Paid Options | IOS/Android | |
| Sayana | You kind of have to click through to get Sayana's whole vibe, but imagine that your warmest friend decided they wanted to take you on a journey of self-discovery and self-care. Its simple mood tracker aims to help you not only log your emotions, but also really understand and deal with them. On top of that, you can connect anonymously with the Sayana community. | Free and Paid Options | IOS | |
| Stoic | Stoic bills itself as a "mental health training app," encouraging you to analyze your stresses and obstacles, then helping you create a plan to overcome them. It's part habit tracker and routine builder, part self-care and meditation app, and reviewers frequently describe it as "life-changing." | Free and Paid Options | IOS | |
| SuperBetter | If traditional mental health apps tend to bore you, SuperBetter might be able to keep your interest. It gamifies mental health skill-building and self-care, teaching you to be more resilient through a series of superhero-themed missions and challenges. | Free | IOS/Android | |

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| TITLE | DESCRIPTION | COST | IOS/ANDROID | NOTES |
|------------------|--|------|-------------|-------|
| What's Up | Uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain good habits, and break those that are counterproductive. We particularly love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues. | Free | IOS/Android | |
| Woebot | This cute little A.I. chatbot will coach you through a hard time via chat by asking you what's up and offering CBT-based tips and exercises for you to try. Whether you're in an anxious thought spiral or just feeling like crap, Woebot will guide you step by step until you feel better. | Free | IOS/Android | |
| WRAP | Develop your Wellness Recovery Action Plan, use the app it on it's own, with a friend or in a support group. Designed to work alongside our WRAP books, other materials, and groups for a full understanding of what WRAP is and how you can implement it in your life. Discover simple, safe, and effective tools to maintain wellness, develop a daily plan to stay on track with your life goals, identify what throws you off track and develop a plan to keep moving forward and gain support and stay in control even in a crisis. | Free | IOS/Android | |
| OCD | | | | |
| GG OCD | GG OCD aims to improve OCD symptoms by increasing the user's awareness of negative thoughts and training the brain to push those aside to embrace a more positive outset. The app takes the users through various levels, each consisting of short games around a specific theme. From how to automatically replace negative self-talk with positive thoughts, to belief in change, building self-esteem and more, this app takes its user on a journey towards a healthier thinking pattern. | Free | IOS/Android | |

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| Live OCD Free | Live OCD Free claims it has been shown to reduce OCD symptoms by 34% in just 8 weeks! The app guides users through Exposure and Response Prevention treatment, helps you to create practice goals, and provides a multitude of tools to help fight OCD at any given moment. You can also try their newly-launched forum (accessible from the website) for ongoing support from OCD experts and sufferers. | \$29.99 | IOS | |
| nOCD | nOCD was designed with the help of OCD specialists and patients to incorporate 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. One user calls nOCD "a free therapist in your pocket!" | Free | IOS | |
| Worry Watch | One of the most frustrating parts of living with Obsessive-Compulsive Disorder can be dealing with intense anxiety despite the fact you know your worries are irrational. Worry Watch aims to help users identify their trigger points for anxiety, note trends in their feelings, reflect on when the outcomes were harmless, and change their thinking patterns for the future. Think of it as your personal, password-protect, worry diary. | \$1.99 | IOS | |
| POSITIVE AFFIRMATION | | | | |
| ThinkUp | ThinkUp is an app featuring affirmations that are personally used by dozens of notable people, including coaches, athletes, authors, and more. If it seems difficult at first to think of a meaningful set of affirmations, this is a great source of inspiration. | Free | IOS/Android | |
| Shine | Prefer to receive your affirmations via uplifting SMS messages? Try Shine. When you sign up on its website, Shine will send you one text each weekday. Shine claims that 93% of its users have reported noticeable improvements in their happiness each day. | Free and Paid Options | IOS/Android | |

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| Unique Daily Affirmations | It's as simple as one unique positive affirmation each day with this app, which you can either visit daily to see the affirmation, or you can set it up to send you push notifications. In addition, Unique Daily Affirmations has a nice feature in which you can record your own affirmations and upload your own photos to make it more "you." | Free | IOS/Android | |
| PTSD | | | | |
| PTSD Coach | Created by the VA's National Center for Post-Traumatic Stress Disorder (PTSD), PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What's great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music. | Free | IOS/Android | |
| PTSD Hub | PTSD app with peer coping strategies to help with symptoms and providing resources. Offering an interactive community that allows those struggling with PTSD to share their coping strategies and to help manage the symptoms. | Free | IOS/Android | |
| RELATIONSHIPS | | | | |
| Love Nudge | Love Nudge is a fun, habit-forming app that helps you intentionally express love in ways that are most meaningful to your partner. Designed for real-life connection, Love Nudge takes the concepts of Dr. Gary Chapman's #1 New York Times best-seller The 5 Love Languages® to the next level. You and your loved one can learn each other's love languages, exchange encouraging and playful nudges, set and track activity goals, and monitor the levels of each other's love tanks for better communication and intimacy. It's like having a personal assistant... for your relationship. | Free | IOS/Android | |
| SELF HARM | | | | |

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| Calm Harm | Calm Harm provides tasks to help resist or manage the urge to self-harm. Make it private by setting a password, and personalise the app. Track progress and notice change. Learn to ride the wave using these activities: Comfort, Distract, Express Yourself, Release, Random and Breathe. When riding the wave, the urge to self-harm will fade. | Free | IOS/Android | Developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). |
| SUICIDE PREVENTION | | | | |
| notOK | notOK is a free app developed by a struggling teenager (and her teen brother) for teenagers. The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: "Hey, I'm not OK! Please call, text, or come find me." | Free | IOS/Android | |
| MY3 | MY3 is aimed at people who are depressed and suicidal, and trains users to recognize suicide warning signs in others. MY3 asks you to choose three close contacts that you feel comfortable reaching out to when you're down and keeps you connected to this core network. This best part of this app is that it helps you create your own safety plan asking you to think through and list your own warning signs, coping strategies and support network, so that you can easily act when you recognize your warning signs. | Free | IOS/Android | |
| SUPPORT | | | | |
| Bipolar Disorder Connect | Bipolar disorder can be frustrating, especially if you don't have anyone close to you that can identify with your struggles. Bipolar Disorder Connect is a great app that connects people with bipolar disorder from around the world. This tool gives you access to a community of people living with the condition. The app also features tracking tools to help you monitor your moods and share those updates. | Free | IOS | |

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| HearMe | Sometimes you just need a place to vent—and don't always have the social support or space to do it. HearMe is there for those moments, connecting you instantly with an empathetic listener. | Free | IOS/Android | |
| Lyf | If you've ever craved a more positive social media community, Lyf might be exactly what you're looking for. It's a self-care community filled with everyday people and mental health professionals alike, all ready to discuss mental wellness, swap stories, and provide support. You also have the option of talking directly with a therapist on the app, which you can pay for weekly or by the session. | Free | IOS/Android | |
| Schizophrenia HealthStorylines | Developed in partnership with the Schizophrenia and Related Disorders Alliance of America (SARDAA), the Schizophrenia HealthStorylines app makes it easier for those with schizophrenia to monitor their condition by keeping track of symptoms, medication, and moods. You can set medication and appointment reminders, record questions for your clinician, take note of symptoms, and connect with a support system. | Free | IOS/Android | |
| Solace | Solace matches you with a small text-based support ground based on an onboarding questionnaire. That way, you wind up chatting with people around your same age who are dealing with the same condition and severity of symptoms as you. | Free | IOS/Android | |
| Stigma | The journal component of Stigma is considered one of the best in a crowded field. The app's word cloud technology recognizes which words you use the most when writing down your feelings allowing you to reflect on why these are your go-to emotions. We also love the app's social network dimension, which allows users to connect with peers through messaging. You can share your journal too and get feedback if you'd like support from others. | Free | IOS | |

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| The Mighty | World's largest digital health community, covering a range from mental health to chronic illness, disability, rare disease, parenting, neurodiversity, caregiving and so much more. Join a Mighty group and connect with like-minded individuals about health, hobbies, interests and more, Post a thought or question any time you need advice, support or encouragement from others who get it, read stories written by people who have first-hand health experiences, check in daily with other members of The Mighty community and lots more. | Free | IOS/Android | |
| UCSF PRIME | Schizophrenia patients are prone to social isolation even when their condition is treated. The PRIME app, created by psychiatry professor Danielle Shlosser, connects people with schizophrenia to their peers through a social network style interface. It also lets users track "challenge goals," things they'd like to accomplish or improve about themselves. | Free | IOS/Android | |
| Wisdo | This virtual support app allows you to join specific themed communities to discuss anything from coronavirus anxiety and loneliness to racism and LGBTQ+ issues. You can chat with people who've been through what you're dealing with, swap tips, and offer support to others | \$6/month or \$40/year | IOS/Android | |
| THERAPY | | | | |
| BetterHelp | Like Talkspace, BetterHelp is a mobile therapy app that allows you to connect to a therapist via video therapy, phone sessions, and live chat. Compared to Talkspace, you get more live video and phone sessions, but ultimately you'll have to do some research to find which is right for you if you're deciding between them. | Free Counselling therapy plans start at \$40/week | IOS/Android | |
| Pride Counseling | Recent research indicates that LGBTQ+ individuals are at increased risk for mental illness. To address this, Pride Counseling offers one-on-one therapy and group webinars with licensed therapists that specialize in supporting queer people. | Free and Paid Options | IOS/Android | |

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| Talkspace | <p>Talkspace 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.</p> <p>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.</p> | Free / \$49 per week | IOS/Android | |
| Youper | <p>If traditional therapy is too expensive, Youper offers an AI-powered alternative that helps you work toward your specific mental health goals. The app gauges how you're feeling each day, offering audio, visuals, and words of encouragement that'll keep you on track. Some people even use it alongside therapy.</p> | Free with in-app purchases | IOS | |
| 7 Cups | <p>If you are feeling lonely, sad, stressed, or worried, 7 Cups could be the perfect app for you. It provides online therapy and emotional support for anxiety and depression. There are more than 160,000 trained listeners and licensed therapists who are available to anonymously speak with 24/7. Speak your mind and confide in listeners without the fear of being judged. These listeners can be searched for based on their experience or their specialties, such as bullying, panic attacks, eating disorders, relationship breakups, and many more. Affordable therapy with an online therapist can commence one-to-one in a confidential setting.</p> | Free | IOS/Android | |
| WELLNESS | | | | |

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| Lifesum | Unlike the other apps featured in this list, Lifesum is a broader resource for all things healthy living. The app allows you to set personal goals, from eating healthier, to building more muscle and getting in more steps each day. You can also enter your own personal data and let Lifesum generate a "Life Score" to get a personalized roadmap to better health. With reminders to drink water and eat regularly throughout the day, Lifesum is a great option for anyone trying to live healthier, but for people with eating disorders, this app can be used to help you redefine how you think about healthy body image. | Free | IOS/Android | |
| YogiBirth | YogiBirth was created by a midwife to aid expectant mothers through yoga, meditation, and helpful tips. Through the app, you can manage aches and pains, stay balanced, and start connecting with your baby. The education tab answers all the questions you may have been afraid to ask about being a new mom—nothing's off-limits. | | | |
| 12 STEPS | | | | |
| AA Big Book | Features the full text of the Big Book, prayers, personal stories, podcasts, meeting finder, and more. | Free | IOS/Android | |
| AA Toolkit | App features aa sobriety calculator which keeps a track of the number of days you are sober for. Also featuring a comprehensive inventory tool which allows you to create your step 4 and your step 10 aa inventories. Offers Journal tool, gratitude list tool, built-in instant messaging for peer support, prayers and more. | Android - Free IOS - Prices starting at \$0.99 | IOS/Android | |
| Al-anon Speaker | Allows you to listen to recovery speakers, workshops and audio books from Al-Anon whenever and wherever using simply a wifi or cellular network connection. Includes 100+ speakers speaking at Al Anon conventions worldwide and AA family support group speakers This app is perfect for when you cant get to a meeting, take recovery with you wherever you go! | \$3.99/month \$6.99/3 months | IOS/Android | |

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| CA Speakers | <p>Listen to recovery speakers, workshops and audio books from Cocaine Anonymous (a 12 step program) whenever and wherever using simply a wifi or cellular network connection. App includes: 80+ speakers speaking at Cocaine Anonymous conventions worldwide, the Big Book of Alcoholics Anonymous Audio Book, the 12 Steps and 12 Traditions of Alcoholics Anonymous Audio Book.</p> <p>This app is perfect for when you cant get to a meeting, take recovery with you wherever you go!</p> | <p>Android - Free IOS - \$0.99</p> | <p>IOS/Android</p> | |
| NA Speakers | <p>Stop Drug Addiction Program. Over 200 NA speaker tapes from NA meetings around the world covering topics such as NA steps & traditions, daily readings & reflections, how to live clean, NA stories of recovery, AI-Anon speaker tapes, Alcoholics Anonymous speaker tapes, 12 Step workshops and sober meditations and prayers.</p> | <p>Android - Free IOS - Free and paid options</p> | <p>IOS/Android</p> | |
| My Toolkit | <p>Sex Addicts Anonymous Toolkit featuring journaling, abstinence date calculator, gratitude list, spot check inventories and more.</p> | <p>Free</p> | <p>Android</p> | |
| Pocket Rehab | <p>Uses a multi-layered support system to help people struggling with, or directly/indirectly affected by addiction. Pocket Rehab offers 24/7 real-time recovery support and relapse prevention for its members for free through an online community of volunteer providers. Available for individuals, providers and recovery coaches.</p> | <p>Free</p> | <p>IOS/Android</p> | |
| Tenth Step Nightly Inventory | <p>Reflect on ten yes or no questions at the end of your day to help you complete your daily inventory. Inventories are saved and stored by date. Optional tool within the app lets you "track" how well you're walking on the 12th Step beam over time, depending on how you answer each days questions.</p> | <p>Free</p> | <p>IOS/Android</p> | |
| Quit That | <p>Quit That! is a completely free app that helps users beat their habits or addictions. Whether you're looking to stop drinking alcohol, quit smoking, or stop taking drugs, it's the perfect recovery tool to track and monitor your progress. Track as many vices as you want and find out how many minutes, hours, days, weeks, or years it's been since you quit.</p> | <p>Free</p> | <p>IOS</p> | |

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| Twenty-Four Hours a Day | Based on the best-selling book of the same name, Twenty-Four Hours a Day offers 366 meditations from the book, making it easier for people in recovery from addiction to focus on sobriety wherever they are. | Free/ \$5.99 | IOS/Android | |
| 12 Steps AA Companion | Includes 'The Big Book', prayers, promises, sobriety length calculations, notes with sharing, edit and add your own recovery contacts, contact support and lots more. No internet connection needed. | Android - \$1.99 IOS - \$2.99 | IOS/Android | |
| 12 Step Meditation | Designed from over 20 years of experience in recovery these key insights will enhance your daily experience in 12 step recovery. Expressed as "Thought Of the Day", the content consists of a either an affirmation, a prayer or special insight (wisdom) .The reader can then save his or her own favorites. New content is updated daily with more features on the way. | Free | Android | |