**MENTAL HEALTH APPS**

*At your fingertips info on relaxation, cognitive behavioral therapy, mindfulness, & more!*

BREATHE - Free GRATITUDE - Free

MINDSHIFT CBT -Free HAPPIFY – Free or $

HEADSPACE – Free or $ UCLA Mindful - Free

CALM – Free or $ VIRTUAL HOPE BOX- Free

SHINE – *Designed for persons of color & other marginalized individuals*

**Symptom Tracking**

IMoodJournal-$ Moodnotes-$

DBSA Wellness Tracker-Free T2 Mood Tracker-Free

Symple-symptom tracker-Free Optimism-Free

**Cognitive Behavioral Therapy & Dialectical Behavioral Therapy**

Pacifica-Free What’s Up?-Free

TruReach-Free Stress &Anxiety Companion-Free

iCBT-$ Dbt911-Free

Impulse DBT- Free

**Helpful During a Crisis**

Suicide Safety Plan-Free

**Meditation/Mindfulness**

Smiling Mind-Free Guided Mind-Free

Meditation Studio-$ H\*nest Meditation-$

Simple Habit-Free Buddhify-$

Yoga Studio-$

**Helpful for Improving Mood/Calming Anxiety/Increasing Resilience**

Resilient-Free

Mood Tools-Depression Aid-Free Mood Kit-$

Mental Sauna Relaxation-$ My Happy Place-Free or $

SuperBetter-Free

**Alcohol and Other Drug**

Sober Tool-Free

Saying When-Free Step Away-Free

**Post Traumatic Stress**

PTSD Coach-Free

**Eating Disorders**

Rise Up-Free

Recovery Record Eating Disorder Management-Free

**Self Harm**

Calm Harm-Free nOCD-Free

**Schizophrenia**

Schizophrenia Health Storylines-Free

**Learn Therapeutic Breathing**

Breathing Zone-$

Calm Mind-Free Breathe Well-Free

Breathe-Breathing Exercises-Free Breathe+ Relaxation and Breath Training-Free

Breathe Easy-Free Breathe-Free

**Good for Distraction**

Thisissand-Free Let’s Create! Pottery-$

Silk Art-$

**Ambient Soundscape**

TaoMix 2-Free

Noizio-$ Noisli-$

**For Sleep**

CBT-i Coach-Free Shhh-Free

Sleep Timer-Smart Alarm and Bedtime Calculator for Better Sleep-Free

Sleep Calculator-Free

**Helpful Affirmations**

I am-Positive Affirmations-Free

ThinkUp-Free