

Mental Health Apps

Most of these apps are free, if not, the price is listed next to it.

Stress, Anxiety, & Depression

Sanvello (formerly called Pacifica, stress, anxiety, depression, clinically evaluated techniques)

What's Up? (CBT/ACT for GAD/MDD)

SAM: Self-Help for Anxiety Management (Community aspect for connection)

Worry Watch (For chronic worry) \$3.99

Mindshift (Insight into mood management/coping)

Mood Monitoring

T2 Mood Tracker

eMoods Bipolar Mood Tracker

Daylio (Simple, two-step entry daily mood diary)

What's My M3 (Mood monitoring) \$3.99

Panic Attacks

Panic Relief (Breathing, progressive muscle relaxation) \$0.99

PanicShield - Panic Attack Aid

Rootd - Panic Attack Relief Free

Self-Harm, Suicide Prevention, & Safety Planning

Calm Harm (Managing self-harm)

MY3 (Safety planning)

Jason Foundation A Friend Asks (Supporting yourself or a friend with suicidal ideation)

ReliefLink (Suicide prevention and mental health improvement)

Eating Disorders

Rise Up + Recover (Monitor and manage eating disorders)

RR: Eating Disorder Management (Monitor and manage eating disorders)

Substance Use

Saying When: How to quit drinking or cut down

BACCards.com (Monitor alcohol consumption and estimate blood alcohol content)

LIVESTRONG MyQuit Coach (Quitting smoking)

OCD

NOCD: Effective Care for OCD

GG OCD - Thoughts Exercise

OCD Understood

Trauma

PTSD Coach

Meditation and Relaxation

Insight Timer

Breathe2Relax (Breathing techniques, very cool looking)

Mindfulness Coach

Calm

Stop, Breathe, & Think (

Buddhify: meditation on the go \$4.99

Sleep

Sleep Cycle (Alarm & tracking features)

Aura: Calm Anxiety & Sleep

CBT-i Coach (CBT skills for insomnia)

Positive Psychology & Neuroplasticity

Headspace

3 Good Things

Grid Diary (Choose questions to answer each day for intentional reflection)

Motivation, Productivity, & Studying

Habitica (Turns daily mundane into a game with rewards)

Be Focused - Focus Timer

Focus Keeper

Productive - Habit Tracker

Brainscape - Smart Flashcards

Personal Safety

Circle of 6 U (Discreetly sends trusted friends a text to come help, for college students)

Circle of 6 (For non-college students)

General Mental Health

The Safe Place (Education about mental health, geared towards the Black community)

Therapy Buddy (Helps track therapy appointment schedule, record homework your therapist assigns, and keep track of things you want to talk about in your next appointment)