

Mental Health Resources

Apps and sites designed to support your mental well-being

APPLICATIONS

	10% happier	A clear, simple approach to meditation with a NY Times bestselling author and some of the most respected (and cool) meditation teachers on the planet. This app has guided meditations, videos, talks, and sleep content to help build your meditation practice and stick with it.
	Anxiety Reliever	Anxiety Reliever is an app that enables users to track anxiety symptoms and provides relaxation exercises. A limited version of the app is available for free and the full app can be bought.
	Breathe, Think, Do with Sesame (Young Kids 2-5)	This is a resource app for parents/caregivers to share with their child to help teach skills such as problem solving, self-control, planning, and task persistence. This app is part of Sesame Street's Little Children, Big Challenges Initiatives, which aims to provide tools to help children build skills for resilience and overcome everyday challenges and stressful situations or transitions.
	Calm	Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.
	CBT Companion	A companion app to learn and practice Cognitive Behavior Therapy (CBT) Techniques with easy to follow visual tools such as record mood and journal, challenge automatic thoughts, learn and practice CBT skills using video lessons, and track your progress. It can be used as a standalone self-help app and works best when you use the app along with a therapist/counselor. This is not a substitute for a medical professional.
	CPT Coach	CPT Coach is for Veterans, Service members, and others with PTSD who are participating in Cognitive Processing Therapy (CPT) with a professional mental healthcare provider. This app was designed by the US Department of Veterans Affairs (VA) and contains support materials for a complete course of CPT to help patients manage their treatment, including between session assignments, readings, PTSD symptom monitoring, and mobile versions of CPT worksheets.
	GG OCD – Anxiety & Depression	Learn to identify your inner monologue to respond quickly by training 3 minutes each day and improve your wellness. This app is designed to increase your awareness of unhelpful thinking habits, train you to identify and challenge unhelpful thoughts, increase access to helpful positive thoughts, increase the automaticity of process, reduce anxiety and depression, and provide daily mood and self-esteem boost. This app is not designed to be used as a therapy or treatment; however, it is being used by CBT therapists as a complementing tool.
	Happify	Happify is a self-guided app that aims to increase positive emotions through exercises and games supported by positive psychology and mindfulness research. An initial questionnaire is used to suggest “tracks” for an individual’s use, and subsequent activity content is geared towards various aims such as reducing worry, building relationships, increasing fitness, or coping with chronic pain. Activities are backed up with a blurb about research or scientific rationale that the user is encouraged to read. It is free with paid upgrades.
	Headspace	Targeted to anyone who wants to learn meditation to reduce anxiety and stress and improve their attention and awareness; good for a beginner to establish a regular meditative routine. The skills taught include mindfulness and cognitive diffusion, breathing exercises, meditation practice, tips for increased relaxation, concentration; may be applied to anxiety and depressive disorders, PTSD, and OCD, especially in conjunction with a health provider.

	Insight Timer	The number 1 free meditation app. Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more. Music tracks from world-renowned artists. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.
	IntelliCare	IntelliCare is a hub of several apps developed by Northwestern University and funded by the National Institutes of Health, that use evidence-based methods to target mental health issues.
	MindShift	A user-friendly, self-help tool based on proven scientific strategies, MindShift teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app.
	MoodKit	This app will help individuals with depression, anxiety disorders, anger management issues, etc. The skills taught include self-monitoring, identifying and changing unhealthy thought patterns, and engaging in mood-enhancing activities. This app is a one-time purchase to use.
	MoodTools	MoodTools is a self-help app targeting depression. It provides psychoeducation about risk factors and psychosocial approaches to treatment, a depression symptom questionnaire (PHQ-9), a thought diary, a suicide safety plan, and videos such as meditation guides.
	Panic Relief	This app is targeted to help individuals with panic disorder access easy-to-use, empirically supported coping tools to better manage and move through panic attacks. There is a one-time purchase fee to use this app.
	PE Coach 2	Designed for individuals with PTSD, specifically those working with a therapist using prolonged exposure (PE) treatment. The skills taught include education about the treatment and common reactions to trauma and breathing retraining. This app was created by VA's National Center for PTSD.
	Pride Counseling	Pride Counseling is an online counseling platform for LGBTQ+ individuals that is personalized for common and uncommon issues. Live chat with a specialist who is a licensed and accredited professional with a Master's or Doctorate degree and experience in the LGBTQ+ community. This app is for anyone to have convenient, discreet, and affordable access to professional help.
	PTSD Coach	PTSD Coach was designed for those who have or may have posttraumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that help you manage the stresses of daily life with PTSD. This app was created by VA's National Center for PTSD and DoD's National Center for Telehealth & Technology.
	SafeUT	SafeUT answers crisis calls, and chats—about yourself or someone else—24/7. These free services, provided by University of Utah Health, are confidential. Counseling topics include: Depression, anxiety, or other mental health issues; Suicide prevention; Loss and grief; Bullying and cyberbullying; Drug and alcohol problems; Self-harm; Relationship difficulties; Any life challenge. SafeUT is free and confidential.
	What's Up?	What's Up? is a fantastic free app utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!

OTHER WEB-BASED RESOURCES

- » www.verywellmind.com
- » www.psychologytoday.com/intl
- » www.nimh.nih.gov/index.shtml
- » www.cdc.gov/mentalhealth/tools-resources/index.htm
- » www.nami.org/find-support/nami-helpline/top-25-helpline-resources
- » www.mindful.org
- » www.mentalhealth.gov
- » utahsuicideprevention.org/get-help