MENTAL HEALTH APPS

Check out these mental health apps that can assist you manage stress and anxiety, relax, and move toward the life you want for yourself.

1. STOP, BREATHE, THINK
   stopbreaththink.org
   Develop and apply kindness & compassion in daily life.

2. HEADSPACE
   headspace.com
   Meditation & mindfulness techniques to manage stress & anxiety & become happier overall. Features ability to track & reward yourself & a buddy system to stay motivated & help others.

3. WOEBOT
   woebot.io
   Think through situations with step-by-step guidance using methods from Cognitive Behavioral Therapy (CBT). Learn about yourself with intelligent mood tracking. Get over 150+ evidence-based lessons, exercises, and stories from Woebot’s clinical team.

4. BREATHE 2 RELAX
   Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

5. MOODY ME
   Helps you track your mood to help you figure out what makes you feel good! Track what makes you sad, add details about what is happening when your mood shifts. Helps you capture & track data to detect patterns in your mood & understand factors that create them.

6. MINDSHIFT
   anxietybc.com
   Designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

   MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

7. SLEEPIO
   sleepio.com
   Cognitive Behavioral Therapy, or ‘CBTi’ for short, trains people to use techniques that address the mental (or cognitive) factors associated with insomnia, such as the ‘racing mind’, and to overcome the worry and other negative emotions that accompany the experience of being unable to sleep.