



Mental Health Apps!

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What do you do when you can't afford therapy or don't have time for it, but are struggling to handle your mental needs alone? You could download an app! These **reasonably-priced, or most often free**, mental health apps offer a wealth of resources that make therapeutic techniques easy to try. Apps also allow for **privacy and confidentiality** and can be a safe space for people to address their mental health needs on their terms. The privacy of using an app gives the feeling of separation they need while still being able to find answers to their questions and in the comfort of their homes.



FREE

NotOK – for teenagers struggling with suicidal thoughts

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.



FREE

What's Up – general mental health app

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.



\$4.99

Mood Kit – general mental health app

MoodKit uses the foundation of Cognitive Behavioral Therapy (CBT), 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.



FREE

Quit That! – habit tracker

Quit 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.



FREE

MindShift! – anxiety app

MindShift is one of the best mental health apps designed specifically for teens and young adults with anxiety. 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

SAM! – anxiety app

SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users build their own 24-hour anxiety toolkit that allows you to track anxious thoughts/ behavior over time, and learn 25 different self-help techniques. Use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.



FREE

Happify – mood app

Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.

FREE

Breathe2Relax – breathing app

Sometimes you just need to breathe and remind yourself you are okay. Breathe2Relax is made for just that. Created by the National Center for Telehealth and Technology, this app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. online community for additional support

