

Mental Health and Wellbeing Apps

Apps hold amazing potential as mental health and wellbeing tools. You can carry them everywhere, engage with them in real time as you're experiencing distress, and interact with them in a completely different way to other self-help tools. But it is important to remember that apps don't replace professional help or your Doctor's advice, and there is no current accreditation system for apps that are designed. It's important to note an app will only be effective if you use it, and you are probably more likely to use something you enjoy using so if you don't like the look of the app, don't like the language it uses, or don't like the things it asks you to do, it's probably best finding another one.



CALM

Calm was branded as Apple's "App of the Year" in 2017. The app is designed to reduce anxiety, improve sleep, and help you to feel happier. Calm focuses on the four key areas of meditation, breathing, sleep, and relaxation, with the aim of bringing joy, clarity, and peace to your daily life. The app delivers meditations that can help you to destress, as well as breathing programs, music, and sounds from nature to relax your mind and body and promote better sleep. Calm is the perfect app if you are new to meditation, but it also offers programs for more advanced users. Meditation sessions are available in lengths of 3–25 minutes, to fit in with your schedule. *Free



SAM

One of 2018's Best Anxiety Apps. SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource. *Free



SMILINGMIND

Smiling Mind is a free web and app-based program developed by psychologists and educators to help bring balance to people's lives. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind. Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all. Our vision is to help every mind thrive. Our mission is to provide accessible, life-long tools to support healthy minds. *Free



MOODKIT

One of 2017's Best Apps, MoodKit is a one-of-a-kind app designed to help you apply effective strategies of professional psychology to your everyday life. With four integrated tools, MoodKit helps you to engage in mood-enhancing activities, identify and change unhealthy thinking, rate and chart mood across time, and create journal entries using custom templates designed to promote well-being. *\$7.49



BEYONDNOW

If you or someone close to you is experiencing suicidal thoughts or feelings, having a safety plan can help you get through the tough moments. Your safety plan starts with things you can do by yourself, such as thinking about your reasons to live and distracting yourself with enjoyable activities. It then moves on to coping strategies and people you can contact for support – your friends, family and health professionals. Convenient and confidential, BeyondNow puts your safety plan in your pocket so you can access and edit it at any time. You can also email a copy to trusted friends, family or your health professional to help them support you. *Free



PACIFICA

Apple's Best of 2017, Stress, anxiety, and depression can get in the way of you living your life. Pacifica gives you psychologist-designed tools to address them based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation, and mood/health tracking. Stress, anxiety, and depression are caused by an ongoing cycle of negative thoughts. Thoughts cause physical feelings and emotions which cause actions. Pacifica helps break this cycle using tools that target each of its components. Day-by-day, you'll learn to manage stress, anxiety and depression at your own pace. We're not about quick-fixes or false promises. We are about real progress, a day at a time. *Free



CALMKEEPER

Panic attacks are common and can happen anywhere - in a meeting, at the supermarket, at a party, alone at home or in a crowd. You can take simple steps to cope and gain relief from what can be terrifying symptoms. Created by clinical psychologists, CalmKeeper can be used on its own, or in conjunction with therapy. *\$4.99



CHECK-IN

The Check-in is for anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse. The app takes you through four steps, getting you to think about where you might check in, what you might say and how might you support your friend. There is also a section showing you things to consider, such as what if my friend denies there is a problem or what if I say something silly.

*Free



HEADSPACE

Headspace is the simple way to reframe stress. Sleep trouble? Meditation creates the ideal conditions for a good night's rest. Relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Get more from your day through mindfulness, be less distracted and reactive, and focus on the things that matter most to you. *Free



SUPERBETTER

SuperBetter is a game focusing on increasing resilience and the ability to remain strong, optimistic, and motivated when presented with challenging obstacles in life. A study by the University of Pennsylvania in Philadelphia found that when people played SuperBetter for 30 days, their mood improved, symptoms of anxiety and depression decreased, and self-belief to achieve goals increased. The app will help you to adopt new habits, improve your skills, strengthen relationships, complete meaningful projects, and achieve lifelong dreams. SuperBetter also has the potential to help you beat depression and anxiety, cope with chronic illness, and recover from post-traumatic stress disorder (PTSD). *Free



BREATHE2RELAX

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. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. *Free



MINDSHIFT

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app 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. *Free



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 can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies.

*Free



THINKLADDER

Thinkladder is a Cognitive Behavioural Therapy and meditation hybrid app. The app allows users to evaluate and challenge unhelpful beliefs associated with stress, anxiety, relational conflict and depression, and receive empowering insights to help form healthier cognitive pathways. Users can incorporate these insights into their daily rituals through setting up scheduled reminders and location based reminders, so insights are received at the most opportune time. They can also use the Audio Insights as part of their mediation practice. *\$4.49



T2MOODTRACKER

Mood Tracker allows users to monitor their moods on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Custom scales can also be built. Users rate their moods by swiping a small bar to the left or to the right. The ratings are displayed on graphs to help users track their moods over time. Notes can be recorded to document daily events, medication changes and treatments that may be associated with mood changes, providing accurate information to help health care providers make treatment decisions. *Free



VIRTUAL HOPE BOX

The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. The patient can then use the VHB away from clinic, continuing to add or change content as needed. *Free



WHAT'S UP

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural 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! *Free



MOODNOTES

Moodnotes is a thought journal and mood diary. The app can be used to capture your feelings and improve your thinking habits through the implementation of CBT and positive psychology. Track your mood and increase self-awareness of what influences it. Learn to recognize "traps" in your thinking and ways to rethink the situation. If you happen to enter a "thinking trap," Moodnotes will provide suggestions and useful perspectives to reduce stress and enhance well-being. Progress is viewable in the helpful "Insights" dashboard. *4.99



MOODPATH

Moodpath is your pocket-sized mental health companion. Whether you are facing a rough patch or have concerns about your mental health, the app's goal is to support you through the difficult times and guide you out the other side. Moodpath asks daily questions in order to assess your well-being and screen for symptoms of depression. The screening progress aims to increase your awareness of your thoughts, emotions, and feelings. After a period of 2 weeks, the app generates an electronic document that you can discuss with a healthcare professional. More than 150 videos and psychological exercises are available to help you understand your mood and strengthen your mental health. *Free



HAPPIFY

Feeling worried or stressed? Or maybe it's something more severe? This app aims to give users an instant lift with activities and games to elevate your happiness level. It also includes guided meditations and personalized programs. The visual charts let you track your progress so you can get a sense of how you're doing overall, based on evidence-based interventions. For even more, Happify Pro is available as a monthly paid subscription. *Free



ANXIETY RELIEF HYPNOSIS

Anxiety Relief Hypnosis is an app suggested to help improve relaxation and reduce anxiety within just 1–3 weeks of use. The app's developers say that hypnosis can decrease anxious thoughts and enhance your response to relaxation, which, in turn, resets your behavior and enables an improved response to stress. The app provides an audio session read by a certified hypnotherapist together with calming music and sounds from nature to aid relaxation. The "awaken at end" feature can be disabled to allow you to fall into restful sleep at bedtime. *Free

