



MENTAL HEALTH & 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.

Please note that most Apps come free to download but then may require purchases and subscriptions to access all content or full functioning of the app. Most apps are available for Apple (iOS) or Android operated devices.

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Calm was branded as Apple's "App of the Year" in 2017.

- Reduce anxiety, improve sleep, and help you to feel happier.
- Focuses on the four key areas of meditation, breathing, sleep, and relaxation.
- Bring joy, clarity, and peace to your daily life.
- Meditations to help you to destress.
- Breathing programs, music, and sounds from nature to relax your mind, body and promote better sleep.
- Perfect if you are new to meditation or programs for advanced users.

***Free**



SAM voted one of 2018's Best Anxiety Apps.

- Help understand what causes your anxiety.
- Monitor your anxious thoughts and behaviour over time.
- Manage your anxiety through self-help exercises and private reflection.
- Developed by a team of psychologists, computer scientists and student users.
- High standards of usability to provide an engaging, flexible, and practical resource.

***Free**



- Developed by psychologists and educators to help bring balance to people's lives.
- Mindfulness meditation is about mental health and looking after the mind.
- Smiling Mind aims to build happier, healthier and more compassionate people.
- A range of programs for both children and adults.
- Designed to assist you in dealing with the pressure, stress and challenges of daily life.

***Free**



MYPsyDIARY

- A secure psychological-based application designed by a clinical psychologist to assist people with monitoring and improving their mental health.
- Records and responds to your thoughts and emotions.
- Customise the content of the application to your personal preferences.
- Psychological strategies to help you feel good, secure diary with password access, mood monitor, sleep and lifestyle choice tracking, relaxation training, goal setting, and positive thinking coach.
- Use in conjunction with a mental health professional to aid treatment.

***Free**



ACT COMPANION: THE HAPPINESS TRAP

- Be present, open up, and do what matters.
- Companion app based on the best-selling book, The Happiness Trap, by Dr Russ Harris.
- Three simple steps to help you get present through mindfulness exercises.
- Open up using acceptance exercises, and engage with commitment exercises.
- Option to set reminders to finish exercises.
- Develop essential mindfulness skills with 14 unique exercises – from under five-minutes to over half-an-hour.
- Mindful Moments uses notifications on your mobile device – or even your smart watch – to prompt you to pay attention to the here-and-now, open up to your experiences, and re-connect with your values, throughout the day.
- Receive a weekly check-in alert where you can assess if your recent responses to life's challenges reflected your core values.

***Free**



CALM HARM

- Please note that the app is an aid in treatment but does not replace it.
- Provides tasks that help you resist or manage the urge to self harm.
- Add your own tasks too, it's completely private and password protected.
- Four categories of tasks target the main reasons for why people self harm.
- Distract helps to combat the urge by learning self control.
- Comfort helps to care rather than harm.
- Express, gets those feelings out in a different way.
- Release provides safe alternatives to self injury.
- Award-winning app developed by Dr Krause, Consultant Clinical Psychologist using ideas from an evidence based therapy called DBT.
- Learn to identify and manage your 'emotional mind' with positive impact and track your progress.

***Free**



MOODKIT

One of 2017's Best Apps.

- Apply effective strategies of professional psychology to your everyday life.
- Helps you to engage in mood-enhancing activities.
- Identify and change unhealthy thinking.
- Rate and chart your mood across time.
- Create journal entries using custom templates designed to promote well-being.

***\$7.49**



HEADSPACE

- Hundreds of guided meditations on subjects like focus, exercise and sleep.
- Sleep by Headspace to help you drift off.
- Everyday Headspace: daily meditations on a new topic each day.
- “Mindful Moments” to keep you present throughout the day.
- 2-3 minute “mini meditations” for a quick mental reset.
- “SOS” sessions for moments of panic, anxiety, and stress.
- Headspace animations to teach you new skills and answer your mindfulness questions.
- Track your progress and time spent meditating.
- Add Mindful Minutes to Apple Health.
- Buddy up and add your friends to meditate with you.
- Guided meditations and mindfulness exercises for Kids with sessions on Kindness, Calm and Focus.
- Training led by former monk and renowned mindfulness expert Andy Puddicombe.

***Free**



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.
- Beyond Now is designed to be used as part of your overall mental wellbeing and safety strategy.
- 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

- Learn - The more you understand anxiety and panic, the more in control of your situation you become. CalmKeeper's interactive guide teaches you about the roots of panic.
- Distract - A simple distraction can keep your anxiety from escalating to panic.
- CalmKeeper's selection of tools distract your focus from frightening thoughts.
- Breathe - Maintaining a regular breathing pattern will slow your heart rate and calm you down.
- CalmKeeper's expanding and contracting orb is a helpful breathing guide.
- Cope - Coping statements help you overcome bad thoughts. You can use your own statements or the statements provided by CalmKeeper.

***\$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**



BREATHE2RELAX

- Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body.
- Instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.
- Diaphragmatic breathing, also known as “belly breathing,” is a common relaxation skill utilised in a variety of treatments for anxiety and PTSD.
- Each session can be customised to change the overall length of the session, the breath rate, and other user preferences.
- Breathing exercises have been documented to decrease the body’s ‘fight-or-flight’ (stress) response, and help with mood stabilisation, anger control, and anxiety management.
- Breathe2Relax also asks users to rate their stress before and after each practice session, graphing these responses to help users keep track of their progress.
- In addition, the app contains general information on the effects of stress on everyday living.

***Free**



SUPERBETTER

- 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.
- SuperBetter is a game focusing on increasing resilience and the ability to remain strong, optimistic, and motivated when presented with challenging obstacles.
- 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**



MINDSHIFT

- MindShift is an app designed to help teens and young adults cope with anxiety.
- Learn how to relax and develop more helpful ways of thinking.
- Identify active steps that will help you take charge of your anxiety.
- Includes strategies to deal with everyday anxiety, as well as specific tools to tackle exam anxiety, perfectionism, social anxiety, performance anxiety, worry, panic and conflict.
- 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, post-traumatic 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.
- You can customize tools based on your preferences and can integrate your own contacts, photos and music.

***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.
- Gain clarity on unhelpful patterns of thoughts, feelings and behaviours.
- Discover the beliefs holding you back.
- Receive targeted insights to inspire change.
- Use our tools and techniques to create lasting change.

***\$4.49**



WHAT'S UP

- 12 common negative thinking patterns and simple methods to overcome them.
- 10 great metaphors to help you cope with negative feelings.
- A comprehensive diary to keep your thoughts and feelings together in, including the ability to rate feelings on a scale out of 10.
- A positive and negative habit tracker, set goals to practice those good habits while ending the bad ones.
- A catastrophe scale, put your problems into a better perspective when things are too much.
- A grounding game containing over 100 fun questions to help keep you grounded and in the present when stress is taking over.
- 3 simple breathing techniques for keeping calm and relaxed.
- More than 70 positive quotes, with the ability to add your own and share them with the world.
- Protect your personal data with a pass-code, sync your data between your devices and back up your data so you never lose it.
- Themes, including over 20 different colors to choose from in customizing the app.

***Free**



T2MOODTRACKER

- Rate and track mood daily on six pre-loaded scales - anxiety, stress, depression, brain injury, post-traumatic stress and general well-being.
- Each category has a list of feelings such as angry, numb, lonely, that users rate using a sliding scale.
- The ratings are displayed on graphs to help users track their moods over time.
- The app provides results as a graph or as reports for sharing with others.
- 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

- Virtual Hope Box is a multi-media coping skill app designed for individuals struggling with depression (particularly military service members).
- The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation and coping skill options.
- The distraction techniques include games that require focus, like Sudoku and word puzzles.
- The relaxation techniques offer a variety of guided and self-controlled meditation exercises.
- The coping techniques offer suggestions for activities that reduce stress.
- The inspiration section offers brief quotes to improve mood and motivation.
- The app can be used in collaboration with a mental health provider through the “coping cards” feature, which can be programmed to address specific problem areas.

***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

- Answer daily questions about your emotional and physical well-being.
- Get a bi-weekly mental health assessment.
- Share your assessment with mental health professionals.
- Use Moodpath as your intelligent mood journal.
- Have a quick reference of your emotional states throughout the day.
- Reflect on your thoughts, feelings, and experiences.
- Receive helpful and supportive insights to understand patterns and triggers.
- Choose from a large library of audio and written exercises, based on the methods of cognitive behavioral therapy (CBT).
- Understand the psychology behind your moods.
- Improve your sleep.
- Reduce brooding.
- Learn effective mindfulness techniques.
- Acquire skills in self-compassion.

***Free**



HAPPIFY

- This app aims to give users an instant lift with activities and games to elevate your happiness level.
- Happify brings you effective tools and programs to help you take control of your feelings and thoughts.
- It also includes guided meditations and personalised 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.
- Developed by leading scientists and experts in the fields of positive psychology, mindfulness, and cognitive behavioural therapy.

***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.
- Hypnosis can decrease anxious thoughts and enhance your response to relaxation.
- Helps reset your behavior and enables an improved response to stress.
- You may also notice an improvement in related symptoms like anger management, OCD, PTSD, or even panic attack relief.
- 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**



GEOPAIN

- Easy to Use, Just point to where it hurts using the interactive 3D body. Select your pain intensity and intuitively paint the area affected.
- Personalise and customise the experience for your needs. With multiple 3D body types, notifications, and colour schemes your pain reports can reflect YOU.
- 3D Views, Focus on what’s important to you. Rotate the view and zoom into regions of interest to create the perfect view of your pain.
- Changes Over Time, See if your treatments work. Track everything over time to see how your pain shrinks, moves or changes intensity.
- Impact on your life, Capture a complete picture of your journey because your pain matters.
- Track dozens of different signs, symptoms and triggers over time to see what to avoid and what brings relief.
- How effective is your treatment? Keep track of what is working for you (or not) with over a dozen treatment options.
- Track everything from when you took medications to when you did the “Downward Dog” in Yoga.

***Free**



SOBER GRID

- Find, share and connect on the world's largest mobile sober community.
- Sobriety counter, Unlock badges as you get more clean & sober time!
- Track your recovery, Check-ins and Quests. Make it easy to keep recovery a daily habit.
- Privacy, Choose what you share and remain completely anonymous (if you want to).
- 24/7 peer support, Build your sober network and access it wherever you are and whenever you need it.
- Sober Grid is an essential tool for your recovery. Providing access to peer support and other resources critical to staying sober.

***Free**



I AM SOBER

- I Am Sober is more than just a free sobriety counter app. Along with tracking your sober days, it helps you build new habits and provides ongoing motivation by connecting you to a wide network of people.
- Through our growing sober community you can learn from others and contribute by sharing insights and tactics that have worked for you.
- Get an overview of your sobriety milestones and savings. Remind yourself why you're staying sober with a daily pledge. Review how your day went and track whether you stuck to your pledge.
- Daily Motivation, reinforce your journey with daily motivation to keep you focused on the path to recovery.
- Multiple Addictions? Each addiction can have its own start date so you can see the progress you've made for each one.
- Sobriety Calculator, Track how much money you save by not spending on your habit.

***Free**



SOBER TOOL

- Developed by a Harvard educated Licensed Chemical Dependency and Certified Alcoholism Counsellor and a team from The Ohio State University.
- This app is based on proven techniques to help you stay clean and sober.
- It doesn't matter whether it's alcohol, food, sex, cocaine, marijuana, gambling, spending, heroin, the internet, or anything else.
- SoberTool gives you free immediate help. It actually trains coping skills. This app is for you if you are new to sobriety and need an easy tool to beat cravings and triggering thoughts related to alcoholism and addiction.
- Been clean and sober for awhile but still feel stress, want to stay sober for your family, friends or YOURSELF.
- Have struggled staying clean and sober before, feel stuck in your recovery and want to have fun while staying sober or need help making wise decisions that won't jeopardise your sobriety.

***Free**



CAME TO BELIEVE IN SOBRIETY

- Came To Believe (CTB) was designed to support your program of recovery in Alcoholics Anonymous.
- Fun, interactive and contains all the sobriety tools you want: *Daily Inventories* *Sobriety Counter* *Big Book* *Meditation* *Prayers* *Goals* *Check-Ins* *Plan of Action* *Reminders* *Step Writing* *Gratitude List* *12 Traditions*.
- Each week you're guided by a wise old owl who encourages you to set goals, record your progress, and receive stars to celebrate your hard work in AA.
- Every day you'll have the opportunity to check in, take your emotional temperature, practice prayer and meditation, read the AA Big Book, complete a daily inventory, and set reminders to call your sponsor.
- You can email writing and your weekly list of accomplishments to anyone you wish.

***\$0.99**



WECONNECT

- WEconnect supports recovery aftercare for alcohol and drug addiction populations.
- Helping you stay accountable to your new healthy routine.
- Create healthy habits.
- Keeping you connected to and encouraging communication with your private support network.
- Earn rewards along the way that enhance your recovery.
- Verify it all through GPS location. All of your data is protected by HIPAA Compliance Standards and is secure and private.
- This app addresses the most crucial time during someone's recovery. The first year of sobriety, and equally benefits someone in long-term recovery.
- You get to create your own private, support network where you can help keep each other accountable to each of your unique recovery routines.
- Simple daily and weekly views show you what you need to do to stay on track. Allows you to Support someone in recovery.

***Free**



NOMO

- Hi! My name is Parker. I'm just a guy in recovery who made Nomo as a tool to keep me on track and motivated. It's a passion project of mine and I hope it helps you as much as it has been helping me!
- Create as many clocks as you need for any hurts, habits, or hang ups.
- Your clocks are completely private by default and will count those days for you.
- Nomo has tons of optional features like an encouragement wall from the community, accountability partner searching, clock sharing, private messaging with partners, milestone awards, journaling, little games/exercises to help you refocus when you're tempted, and tons more.
- Nomo is perfect for anyone recovering from alcoholism, sexual or pornography addiction, self-harm, co-dependency, smoking, tobacco, drug or chemical dependency, anger or depression.

***Free**



CLEAN TIME CALCULATOR

- This app is a day counter for anyone recovering from alcohol, drugs, overeating, gambling or smoking. Or for anyone just wanting to keep track of time since an event.
- Customise the app with your name, date and what you are recovering from.
- Personalise your widget to your favourite colours to add your time to your home screen and keep track of it.
- Meditation timer now included and a second day counter with an additional widget to track 2 events.
- Included in this app is a gratitude list to add items you are grateful for and review them when you need to.
- Add additional anniversary dates and be reminded of other dates or anything else important to you.
- You will be greeted with notifications on important milestones of clean or sober time.

***Free**



SOBER TIME – SOBRIETY COUNTER

- Sober Time helps you track your addictions, stay motivated, and interact with others in recovery.
- Track as many addictions as you want.
- Built-in Goals with the option to add your own.
- Daily motivational message.
- Vibrant sober community forum.
- Personalise your addictions with beautiful backgrounds and icons.
- Tons of timer options.
- Track your relapses and add notes to them.
- See how much money you've saved.
- Share your progress.
- Style your app with 15+ color themes.

***Free**



References

<https://play.google.com>

<https://apps.apple.com>

Compiled by

Sarah Gillington, Consumer Advisor for Mental Health
and Addiction Services