

# Mental Health Mobile Applications



## Headspace

<https://www.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.



## Calm

<https://www.calm.com>

Learn to reduce anxiety, work on your sleep and increase happiness.



## Sanvello

<https://www.sanvello.com>

Manage stress, live happier. Daily tools for stress & anxiety with a supportive community. Based on CBT & meditation.



## Mindfulness App

<https://thefmindfulnessapp.com/>

The Mindfulness App provides users with guided meditations to help you towards a more peaceful and healthier state of mind.



## Smiling Mind

<https://www.smilingmind.com.au/>

Practice daily meditation and mindfulness exercises



## Insight Timer

<https://insighttimer.com>

Provides guided meditations, music, and talks by contributing experts.



## Mindshift

<https://anxietycanada.com/resources/mindshift-cbt/>

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.



## Sleepio

<https://www.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.



## Virtual Hope Box

Practice coping, relaxation, distraction, and positive thinking. It provides positive activity planning, distraction tools, and interactive relaxation exercises -guided imagery, controlled breathing and muscle relaxation.



## Liberate Meditation

Meditation app for the Black, Indigenous, and People of Color community. Listen to dozens of guided meditations to ease anxiety, find gratitude, heal internalized racism and micro-aggressions and celebrate Blackness. Free to download but many of the meditations require a subscription.



## The Safe Place

Minority Mental Health App geared towards the Black Community. Includes mental health articles and videos, self-care tips, and more.

# Suicide Prevention Mobile Applications



## Suicide Safe

<https://store.samhsa.gov/product/suicide-safe>

Suicide Safe is a suicide prevention learning tool for primary care and behavioral health providers and is based on the nationally recognized Suicide Assessment Five-step Evaluation and Triage (SAFE-T) practice guidelines



## Suicide Safety Plan

<https://www.suicidesafetyplan.app/>

This app is designed to support those with suicidal thoughts. In the app, you can customize your own warning signs that a crisis may be developing, coping strategies, places for distraction, friends and family members you can reach out to, professionals you can call, methods of making your environment safe, and your own important reasons for living.



## MY3

<https://my3app.org/>

With the MY3 app, users can create their support system by adding contact information for those who can help in a crisis. The app allows you to build a personalized safety plan toolbox by listing coping strategies, people, places that can provide some distractions or comfort during a crisis.