

APPS for Mental Health



Transitions by TeenMentalHealth.org

Description: This pocket guide for students provides information on topics including time management, relationships, mental illness, suicide, and addictions. It also includes mental health self-help information and contains recommendations where students can go to get help.



MindShift by Creative B'stro

Description: 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



Virtual Hope Box

Description: The Virtual Hope Box contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. You can personalize the VHB content on your smartphone according to specific needs.



MindYourMood By Family Service Thames Valley

Description: Mind Your Mood is a revolutionary, easy to use app that allows youth and young adults to track their moods securely on their phone.



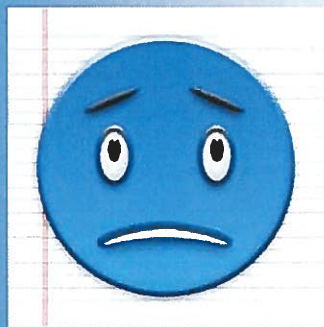
Guided Mind by AppSimple LC

Description: Relax and get guided through meditations on a variety of topics dealing with the stresses and challenges of day-to-day life.



Simply Being by Meditation Oasis

Description: Promotes mindfulness through meditation. User can pick a session length; choose to have a guide or not; and add soothing, natural sounds to the end of the session.



iWorry by Pringgle Media

Description: An intuitive worry journal that allows user to keep a worry list, schedule a worry time, and have a worry place. User can categorize and filter each worry with a tag.



Breathing Zone

Description: Simple and effective guided breathing exercise. In just 5 minutes you can start to enjoy the deep relaxation and other health benefits of slower therapeutic breathing.

