



# Mental Health & Wellness APPS

Recommended APPS compiled by the Ontario College Counsellors Group. APPS are in no particular order.

	APP	Description	Presenting Issue	Link	Cost
1	<b>Mindshift</b>	<b>MindShift</b> 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. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: Making Sleep Count, Riding Out Intense Emotions, Test Anxiety, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, Conflict	Anxiety	<a href="#">Click Here</a>	FREE
2	<b>Moodtools: Depression Aid</b>	If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.  MoodTools contains several different research-supported tools. They include: <ul style="list-style-type: none"> <li>• Thought Diary</li> <li>• Activities</li> <li>• Safety Plan</li> <li>• Information</li> <li>• Test</li> <li>• Video</li> </ul>	Depression	<a href="#">Click Here</a>	FREE
3	<b>What's Up?</b>	<b>What's Up?</b> 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!	Emotion Regulation	<a href="#">IOS</a> <a href="#">Android</a>	FREE

4	<b>Pacifica</b>	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.	Emotion Regulation	<a href="#">IOS</a> <a href="#">Android</a>	FREE
5	<b>DBT Diary Card and Skills Coach</b>	Based on Dialectical Behavior Therapy (DBT) developed by psychologist <a href="#">Marsha Linehan</a> , this app is a rich resource of self-help skills, reminders of the therapy principles, and coaching tools for coping. Created by a therapist with years of experience in the practice, this app is not intended to replace a professional but helps people reinforce their treatment.	Emotion Regulation	<a href="#">IOS</a>	Fee Associated
6	<b>PTSD Coach Canada</b>	PTSD Coach is an app developed by the Department of Veterans Affairs' National Center for PTSD (Canadian version adapted from this), intended for use by people experiencing symptoms of post-traumatic stress disorder. It provides a self-assessment tool that allows users to track symptoms over time (though it does not clinically diagnose PTSD) as well as tools for managing symptoms. Users can also store contacts for personal support, locate nearby treatment programs, and contact crisis lines in the event of emergencies.	Post Traumatic Stress	<a href="#">iOS</a> <a href="#">Android</a>	FREE
7	<b>CBT-i Coach</b>	CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia.	Sleep Hygiene	<a href="#">IOS</a> <a href="#">Adroid</a>	FREE

8	<b>Best Sleep Hygiene</b>	This app allows you to track your current sleep hygiene habits, and generates a list of additional sleep hygiene recommendations that can be added to your routine to increase quality sleep.	Sleep Hygiene	<a href="#">IOS</a>	FREE
9	<b>iSleepEasy</b>	A calm female voice helps you quell anxieties and take the time to relax and sleep, in an array of guided meditations. Separately controlled voice and music tracks, flexible lengths, and an alarm.	Sleep Hygiene	<a href="#">IOS</a> Adroid	FREE
10	<b>Breathe2Relax</b>	Breathe2Relax is an app developed for stress management. It walks users through breathing exercises that help to reduce stress , stabilize mood, control anger, and manage anxiety. The app’s developers note that it can be used on its own to help reduce stress or in combination with other therapies.	Relaxation Techniques	<a href="#">IOS</a> <a href="#">Android</a>	FREE
11	<b>Headspace (Meditation)</b>	Targeted to anyone who wants to learn meditation to reduce anxiety and stress and improve their attention and awareness; good for a beginner to establish a regular meditative routine. The skills taught include mindfulness and cognitive diffusion, breathing exercises, meditation practice, tips for increased relaxation, concentration; may be applied to anxiety and depressive disorders, PTSD, and OCD, in conjunction with a health provider. This app describes basic concepts with an animated interface, presents meditation in a user-friendly way with clear instructions; has an online forum; supplies podcasts; normalizes mind-wandering; and illustrates main points with videos.	Relaxation Techniques	IOS Adroid <a href="#">Click Here</a>	Limited Free

11	<b>Recovery Record</b>	<p><b>Client and Clinician Versions</b></p> <p>Eating disorder management from the privacy of your mobile phone.</p> <ul style="list-style-type: none"> <li>• Celebrate wins with rewards</li> <li>• Personalize your journey</li> <li>• Use at any time and stage of recovery</li> <li>• Social and secure</li> <li>• Meaningful collaboration with your treatment team</li> </ul>	Eating Disorders	IOS Adroid <a href="#">Click Here</a>	Sign Up Required
12	<b>T2 Mood Tracker</b>	Tracks symptoms of depression, anxiety, PTSD, traumatic brain injury, stress and general well-being. Useful to share with clinicians and chart recovery.	Mood Tracking Various	IOS Adroid <a href="#">Click Here</a>	Free
13	<b>HAPPIFY</b>	The main goal of this app is to just “feel happier,” and the program gives you plenty of options for working toward that goal. You’ll get to choose a path of activities that reflects what that really means for you. You’ll start by taking a test to see how you tend to approach tough, stressful spots in your life. Then the app will suggest a path based on your answers. To move along the path, you’ll complete gratitude exercises, do a little meditation, and learn a lot about yourself along the way.	Positive Psychology	IOS Adroid <a href="#">Click Here</a>	Sign Up Required
14	<b>DBSA Wellness Tracker</b>	Depression and Bipolar Support Alliance (DBSA): Wellness involves your whole health—emotional and mental, as well as physical. The DBSA Wellness Tracker is a free, innovative, and user-friendly online tool that allows you to keep track of your emotional, mental, and physical health.	Depression and Bipolar	IOS Adroid <a href="#">Click Here</a>	Sign Up Required
15	<b>Stop, Breathe &amp; Think</b>	With this app, you can develop and apply kindness and compassion in your daily life through a process called STOP, BREATHE & THINK	Anxiety	IOS Adroid <a href="#">Click Here</a>	Free Donation Suggested
16	<b>Relax Melodies</b>	Take back control of your sleep with Relax Melodies, the most popular sleep app featured in People magazine and Mashable. Start sleeping now and enjoy full nights of sleep like you haven’t in a long time!	Sleep Hygiene	<a href="#">IOS</a> <a href="#">Adroid</a>	Free In-APP Purchases

17	<b>Smidge</b>	When it comes to improving health, small steps can add up to big results. But it's that first step that can be tricky. That's where smidge™ comes in. From eating better and getting more active to managing your stress and creating a more positive outlook, smidge™ has got you covered. Pick an activity, get inspired and stay motivated, track your progress and share with friends. You'll soon see that all it takes is a smidge to set you on the right path to a healthier and more balanced life – smidge™. Healthy habits start here™.	Wellness	<a href="#">IOS</a>	FREE
18	<b>Calm</b>	Calm brings clarity, joy and peace to your daily life. Join the millions experiencing the life-changing benefits of meditation and mindfulness.	Meditate Breathe Sleep Relax	IOS Adroid <a href="#">Click Here</a>	Free Sign Up Required
<b>Compilation Links</b>					
<b>Best APPS of 2016</b>	Compilation of mental health/wellness related apps.		General	<a href="#">Click Here</a>	
<b>MUSE</b>	Brain Sensing Headband		Meditation Anxiety	<a href="#">Click Here</a>	Cost Associated
<b>Self Guided Trauma Treatment: Online Coach</b>	Traumatology Institute: <b>Trauma Recovery Program (TRP)</b> . TRP is a self-guided program to help you in your trauma recovery journey, everyday. *Breath Training		Trauma Breath	<a href="#">Click Here</a>	FREE

This is *just* a suggestion list compiled by counsellors across Ontario working in one of the 24 community colleges. It is important to try out apps and find the one that fits you. This is not intended to be a replacement for a needed mental health intervention by a licensed mental health professional. These apps are intended to begin the process of lowering your distress and increasing your wellness. You may find that that these apps help you without the support of a mental health professional, but if needed, work with these apps and a mental health professional together. You are in charge of your direction 😊