

## Mental Health Apps for Android and Apple

### Android

Topic/App Name	Description	Download Link
<b>Self-help Anxiety Management</b>	This app provides a range of self-help methods that work to reduce anxiety. Ways to challenge anxiety provoking thoughts are explained, and ways to incorporate relaxation techniques to reduce physical symptoms of anxiety are reviewed.	<a href="https://play.google.com/store/apps/details?id=com.uwe.myoxygen&amp;hl=en">https://play.google.com/store/apps/details?id=com.uwe.myoxygen&amp;hl=en</a>
<b>Stop Panic &amp; Anxiety Self-Help</b>	This app will assist you in managing symptoms of panic, and will help you develop skills to challenge fearful thinking.	<a href="https://play.google.com/store/apps/details?id=com.excelatlife.panic&amp;hl=en">https://play.google.com/store/apps/details?id=com.excelatlife.panic&amp;hl=en</a>
<b>Sanvello - for stress and anxiety</b>	Sanvello helps you understand you: Our thoughts, moods, and behaviors all shape how we feel. Sanvello gives you clinically validated techniques to help you manage your moods and thoughts, so you can understand what works for you to feel better.	<a href="https://play.google.com/store/apps/details?id=com.pacificalabs.pacifica&amp;hl=en_CA">https://play.google.com/store/apps/details?id=com.pacificalabs.pacifica&amp;hl=en_CA</a>
<b>MindShift CBT - Anxiety Canada</b>	MindShift uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.	<a href="https://play.google.com/store/apps/details?id=com.bstro.MindShift">https://play.google.com/store/apps/details?id=com.bstro.MindShift</a>
<b>MoodPath - Depression &amp; Anxiety</b>	Moodpath is your personalized mental health companion and supports you in phases of stress, depression, and anxiety.	<a href="https://play.google.com/store/apps/details?id=de.moodpath.android">https://play.google.com/store/apps/details?id=de.moodpath.android</a>
<b>Relaxation - Headspace</b>	This app will review meditation and mindfulness exercises that will help reduce feelings of stress.	<a href="https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&amp;hl=en">https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&amp;hl=en</a>
<b>Relaxation - Calm App</b>	Calm is an app to assist with Sleep, Meditation and Relaxation. Provides support and guidance to experience better sleep, lower stress, and less anxiety	<a href="https://play.google.com/store/apps/details?id=com.calm.android&amp;hl=en_CA">https://play.google.com/store/apps/details?id=com.calm.android&amp;hl=en_CA</a>

<p><b>MoodTools- Depression Aid</b></p>	<p>This app uses the concept of Cognitive Behavioural Therapy to help you challenge the inaccurate thoughts which may be playing a role in your depression. The app also suggests helpful behaviours that may work to reduce the intensity of your distressing emotions.</p>	<p><a href="https://play.google.com/store/apps/details?id=com.moodtools.moodtools&amp;hl=en">https://play.google.com/store/apps/details?id=com.moodtools.moodtools&amp;hl=en</a></p>
<p><b>Depression CBT Self-Help Guide</b></p>	<p>This app uses the concept of Cognitive Behavioural Therapy to help you challenge the inaccurate thoughts which may be playing a role in your depression. The app also suggests helpful behaviours that may work to reduce the intensity of your distressing emotions.</p>	<p><a href="https://play.google.com/store/apps/details?id=com.excelatlife.depression&amp;hl=en">https://play.google.com/store/apps/details?id=com.excelatlife.depression&amp;hl=en</a></p>
<p><b>Sleep Support - CBT-I Coach</b></p>	<p>This app uses the theory behind Cognitive Behavioural Therapy for Insomnia. It teaches users to develop positive sleep routines, and to improve sleep environments. It also reviews strategies proven to improve sleep and reduce symptoms of insomnia.</p>	<p><a href="https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.cbti&amp;hl=en_CA">https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.cbti&amp;hl=en_CA</a></p>
<p><b>Thought Record Diary</b></p>	<p>Do you feel like you're stressed, anxious, sad, frustrated, or unmotivated? The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. With a thought diary, you can document your negative emotions, analyze flaws in your thinking, and re-evaluate your thoughts. It may even help you recognize ways to deal with your negative behaviors and emotions.</p>	<p><a href="https://play.google.com/store/apps/details?id=com.moodtools.cbtassistant.app&amp;hl=en">https://play.google.com/store/apps/details?id=com.moodtools.cbtassistant.app&amp;hl=en</a></p>
<p><b>7 Cups Anxiety &amp; Stress Chat</b></p>	<p>Get FREE anonymous emotional support and counseling on-demand from trained active listeners and therapists.</p>	<p><a href="https://play.google.com/store/apps/details?id=com.sevencupsoftea.app">https://play.google.com/store/apps/details?id=com.sevencupsoftea.app</a></p>

## Apple

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<b>Anxiety Reliever</b>	This app provides techniques to help manage anxiety, including calming audio sessions, evaluating thinking patterns, identifying triggers and tracking thoughts and improvements	<a href="https://apps.apple.com/ca/app/relax-lite-stress-and-anxiety-relief/id409665681">https://apps.apple.com/ca/app/relax-lite-stress-and-anxiety-relief/id409665681</a>
<b>MindShift CBT - Anxiety Canada</b>	MindShift uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.	<a href="https://apps.apple.com/ca/app/mindshift-cbt-anxiety-canada/id634684825">https://apps.apple.com/ca/app/mindshift-cbt-anxiety-canada/id634684825</a>
<b>MoodPath - Depression &amp; Anxiety</b>	Moodpath is your personalized mental health companion and supports you in phases of stress, depression, and anxiety.	<a href="https://apps.apple.com/us/app/moodpath-depression-anxiety/id1052216403">https://apps.apple.com/us/app/moodpath-depression-anxiety/id1052216403</a>
<b>Relaxation - Headspace</b>	This app will review meditation and mindfulness exercises that will help reduce feelings of stress.	<a href="https://apps.apple.com/us/app/headspace-meditation-sleep/id493145008">https://apps.apple.com/us/app/headspace-meditation-sleep/id493145008</a>
<b>Relaxation Calm App</b>	Calm is an app to assist with Sleep, Meditation and Relaxation. Provides support and guidance to experience better sleep, lower stress, and less anxiety	<a href="https://apps.apple.com/us/app/calm/id571800810">https://apps.apple.com/us/app/calm/id571800810</a>
<b>OMG. I Can Meditate!</b>	This app provides guided meditations that help to reduce feelings of stress and promote relaxation.	<a href="https://apps.apple.com/us/app/breethe-meditation-sleep/id920161006">https://apps.apple.com/us/app/breethe-meditation-sleep/id920161006</a>
<b>MoodTools- Depression Aid</b>	This app uses the concept of Cognitive Behavioural Therapy to help you challenge the inaccurate thoughts which may be playing a role in your depression. The app also suggests helpful behaviours that may	<a href="https://apps.apple.com/ca/app/moodtools-depression-aid/id1012822112">https://apps.apple.com/ca/app/moodtools-depression-aid/id1012822112</a>

	work to reduce the intensity of your distressing emotions.	
<b>Sanvello - for stress and anxiety</b>	Sanvello helps you understand you: Our thoughts, moods, and behaviors all shape how we feel. Sanvello gives you clinically validated techniques to help you manage your moods and thoughts, so you can understand what works for you to feel better.	<a href="https://apps.apple.com/us/app/sanvello-for-stress-anxiety/id922968861">https://apps.apple.com/us/app/sanvello-for-stress-anxiety/id922968861</a>
<b>Sleep Support - CBT-I Coach</b>	This app uses the theory behind Cognitive Behavioural Therapy for Insomnia. It teaches users to develop positive sleep routines, and to improve sleep environments. It also reviews strategies proven to improve sleep and reduce symptoms of insomnia.	<a href="https://apps.apple.com/ca/app/cbt-i-coach/id655918660">https://apps.apple.com/ca/app/cbt-i-coach/id655918660</a>
<b>PTSD Coach Canada</b>	This app provides information about PTSD, allows you to track symptoms, and suggests easy-to-use tools to help you handle stress symptoms.	<a href="https://apps.apple.com/ca/app/ptsd-coach/id430646302">https://apps.apple.com/ca/app/ptsd-coach/id430646302</a>
<b>CBT Thought Record Diary</b>	Do you feel like you're stressed, anxious, sad, frustrated, or unmotivated? The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. With a thought diary, you can document your negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. It may even help you recognize ways to deal with your negative behaviors and emotions.	<a href="https://apps.apple.com/ca/app/cbt-thought-diary/id1010391170">https://apps.apple.com/ca/app/cbt-thought-diary/id1010391170</a>
<b>7 Cups Anxiety &amp; Stress Chat</b>	Get FREE anonymous emotional support and counseling on-demand from trained active listeners and therapists.	<a href="https://apps.apple.com/ca/app/7-cups-anxiety-stress-chat/id921814681">https://apps.apple.com/ca/app/7-cups-anxiety-stress-chat/id921814681</a>