

MENTAL HEALTH RESOURCE APPS



SANVELLO

A place to feel better: Sanvello gives you clinically proven therapies for dealing with stress, anxiety, depression, or whatever you may be going through.

Age Rating: 12+ Available on Android & iOS platforms.

MYLIFE

Check in with how you are Feeling. Let MyLife™ recommend the activities that are right for you. Whether you're anxious, sleepless, hopeful, angry, or anything in between, we're here for you.

Age Rating: 4+ Available on Android & iOS platforms.



DAYLIO

Self-Care bullet journal with GoalsMood Diary & Happiness Tracker. Keep a diary and capture your day without writing down a single word!

Age Rating: 4+ Available on Android & iOS platforms.

SERENITY

Serenity offers guided chat for well-being. Learn to become more aware of the connections between your thoughts and, feelings, and actions.

Age Rating: 12+ Available on Android & iOS platforms.



CLEAR FEAR

Clear Fear is an app developed for teenage mental health. It uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviors and releasing emotions.

Age Rating: 4+ Available on Android & iOS platforms.

MINDFULNESS COACH

Mindfulness Coach 2 was developed to help Veterans, Service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.

Age Rating: 12+ Available on Android & iOS platforms.



WOEBOT

Woebot is an automated conversational agent (chatbot) who helps you monitor mood and learn about yourself. Drawing from a therapeutic framework known as Cognitive Behavior Therapy, Woebot asks people how they're feeling and what is going on in their lives in the format of brief daily conversations.

Age Rating: 12+ Available on Android & iOS platforms.

MOODFIT

Tools & insights to help improve your mood, change your thinking, build new habits and achieve your goals.

Age Rating: 12+ Available on Android & iOS platforms.





HEADSPACE

Stress less. Sleep soundly. Get happy. Learn the life-changing skills of meditation and mindfulness in a few minutes a day with Headspace. Choose from hundreds of guided meditations on everything from stress management and anxiety management to sleep personal growth, and mind-body health.

Age Rating: 4+ Available on Android & iOS platforms.

CALM



Calm is a leading app for meditation and sleep. Experience lower stress, less anxiety, and more restful sleep with guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music. Recommended by top psychologists, therapists, and mental health experts.

Age Rating: 4+ Available on Android & iOS platforms.



SAM

SAM is an application to help you understand and manage anxiety. Monitor your anxious thoughts and behavior over time and manage your anxiety through self-help exercises and private reflection.

Age Rating: 12+ Available on Android & iOS platforms.

HAPPIFY



Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.

Age Rating: 4+ Available on Android & iOS platforms.



YOUPER

Youper is an AI Therapy platform that supports your mental health anytime and anywhere. You'll have conversations guided by our empathetic Artificial Intelligence (AI) using therapy exercises scientifically proven to improve well-being.

Age Rating: 12+ Available on Android & iOS platforms.

VIRTUAL GRIEF SUPPORT



Free virtual grief support for anyone grieving the loss of a loved one. Join free peer-led virtual grief support groups by type of loss experienced. Application also provides access to The Grief Massive Open Online Course for free.

Age Rating: 12+ Available on Android & iOS platforms.



APART OF ME

When someone you love dies, it can feel like everything has turned upside down. But you're not alone. Apart of Me is a beautiful world, built to guide you through your darkest moments, where you can feel safe and rediscover a sense of calm. Apart of Me has been designed by grief experts and young people who have had a similar experience to you.

Age Rating: 12+ Available on Android & iOS platforms.

MINDSHIFT CBT



MindShift CBT is a free self-help anxiety relief app that helps you reduce worry, stress, and panic by following evidence-based strategies. Using cognitive behavioral therapy (CBT) tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.

Age Rating: 4+ Available on Android & iOS platforms.

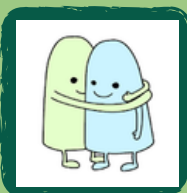


WORRYDOLLS

Worrydolls gives you a small doll who is ready to listen to what is worrying you. Tell your worry to the doll, then track it over time. You can use Worrydolls like a journal to help you overcome anxiety and stress. When your worry is finished, tell the doll it does not need to worry anymore. Then look back at your old worries to bring you a sense of calm.

Age Rating: 4+ Available on Android & iOS platforms.

SENTIMOJI



Sentimoji™ emojis lets you say what other emojis can't. NAMI (National Alliance on Mental Illness) created Sentimoji™ to support the 1 in 5 who are affected by mental health conditions. When you text with Sentimoji™, you can help #CureStigma.

Age Rating: 4+ Available on Android & iOS platforms.