

Apps for Mental Health (Android)

These are different apps can be downloaded for Android or PC devices. Some may require that headphones be plugged in. They can be downloaded for these products via Google Play or Android App Store on the device itself or on a computer. Many are free to download.

GENERAL MENTAL HEALTH

SuperBetter: Free

- Mental health, but with a Video-game like twist. We can use the same psychological strengths we display when we play games to confront real-life challenges, whether it's illnesses, injury, or just changing our habits

What's Up?: Free

- With basic education on mental illness, this app leads you in simple grounding techniques, breathing, rating scales, with a journal feature for thought tracking.

MoodTools: Depression Aid: Free

- Used to learn and practice coping strategies for depression. Includes behavioral activation, safety planning, and thought tracking.

Relax Melodies: Free

- Meditation and calming sounds to help with sleep

DEEP BREATHING

Breathe2Relax: Free

- This app teaches people how to belly breathe. This app is especially helpful for pacing your breathing.

My CalmBeat: Free

- Improves ability to manage stress through slow breathing.

INTERACTIVE & DISTRACTION

Sketch: Free

- Release your creativity! Draw stunning sketches and have fun with your photos by adding stickers. Publish your sketches and invite friends to collaborate. When your friends add their creativity to the mix, you might be surprised. Sketch is easy, smart and a lot of fun.

Zen Garden 3D Lite: Free

- Make your own Japanese garden. Use the rake or stick to make nice patterns on sand and the leveller to erase. Choose sand colour and decorate your garden, all to the sound of relaxing music

YOGA

My Little Yoga for Kids: Free, Best for younger children

- Simple and playful poses to guide children through a first discovery of yoga. Each pose is illustrated and explained step by step, along with a story or a song relating to the pose

Simply Yoga Free: Free

- 20-60 minute workouts for all levels and ages

MINDFULLNESS & REXATION: Younger Children

Sleep Meditations for Kids: Free

- Short meditation scripts for bedtime to can assist with relaxation and better sleep.

Enchanted Meditations for Kids: \$3.38

- High quality meditation audio for calm, well-being and focus. Stories include rainbows, dolphins and soothing imagery.

MINDFULNESS & REXATION: Older Children & Adolescents

Take a Break: Free

- 7 minute work break, 13 minute stress break. Like its name implies, this app is designed to make meditation during the chaotic day easy.

Stop, Breathe & Think: Free

- A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.

Omvana: Meditation for Everyone: Free (more meditations for a fee)

- Variety of meditation tracks to help with happiness, sleep, and decreased stress

Calm: Free (more meditations for a fee)

- Simple mindfulness meditation app with guided meditation programs. The guided body scan meditation makes it easy to create a mind-body connection.

COGNITIVE BEHAVIORAL THERAPY (CBT)

CBT-i Coach: Free, Best for adolescents

- Especially helpful with sleep problems. There is a great education piece on why sleep is important and developing positive sleep routines. Includes progressive muscle relaxation, breathing, and guided imagery as well as a sleep diary.

Pacifica: Free

- Gives children and adolescents tools that target thoughts, feelings, and behaviors associated with stress, anxiety, and depression. Includes CBT, mindfulness, and relaxation.

CBT Thought Record Diary: Free

- Helps you to evaluate, understand, and change thoughts and feelings. You can work to identify your emotions, analyze how and why you're feeling this way, challenge those negative beliefs, and change your thinking patterns for future situations.

POST-TRAUMATIC STRESS DISORDER (PTSD)

PTSD Coach: Free

- Created initially for Veterans with PTSD, includes: basic education on PTSD, tools for self-assessment, and tools that can help users manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management.