

MENTAL HEALTH RESOURCES: HELPFUL APPS

MINDFULNESS FOR TEENS

This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings.

CALM

App for sleep aid, meditation, mindfulness, and guided relaxation.

SONDERMIND

Connect with a licensed therapist who accepts your insurance and is able to meet online or in-person.

MINDSHIFT

Designed specifically for teens and young adults with anxiety, this app guides the user through ways of changing thinking patterns around anxiety and ride out intense emotions.

MOODKIT

Uses tools from Cognitive Behavioral Therapy to provide over 200 different mood improvement activities.

WHAT'S UP

Use Cognitive Behavioral Therapy and Acceptance Commitment Therapy methods to help you cope with depression, anxiety, and stress. Includes a positive and negative habit tracker and programs for grounding and stopping negative internal monologues.

PTSD COACH

PTSD Coach offers self-assessments, resources for finding support, guided positive self-talk, and anger management to aid those struggling with PTSD.

NOCD

Designed to track OCD behaviors, guide users through episodes, and provide weekly severity assessments.

EMOODS

A mood tracking app designed specifically for people with bipolar disorder, this app tracks moods and psychotic symptoms over time to support fluctuating moods and identify triggers.

SCHIZOPHRENIA HEALTH STORYLINES

Makes it easier for those with schizophrenia to track symptoms and monitor mood and medications. Set medication and appointment reminders, track questions for a clinician, note symptoms, and connect with a free support system.

CALMHARM

A free app to help manage the urge to self-harm.