

# Mental Health Mobile Applications



## Stop, Breathe, Think

<https://www.stopbreathethink.com>

Develop and apply kindness & compassion in daily life.



## Mindshift

<https://anxietycanada.com/resources/mindshift-cbt/>

Designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

MindShift 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.



## Headspace

<https://www.headspace.com>

Meditation & mindfulness techniques to manage stress & anxiety & become happier overall. Features ability to track & reward yourself & a buddy system to stay motivated & help others.



## Calm

<https://www.calm.com>

Learn to reduce anxiety, work on your sleep and increase happiness.



## Sleepio

<https://www.sleepio.com>

Cognitive Behavioral Therapy, or 'CBT' for short, trains people to use techniques that address the mental (or cognitive) factors associated with insomnia, such as the 'racing mind', and to overcome the worry and other negative emotions that accompany the experience of being unable to sleep.



## Sanvello

<https://www.sanvello.com>

Manage stress, live happier. Daily tools for stress & anxiety with a supportive community. Based on CBT & meditation.



## Breathe2relax

Learn the relaxation skill known as diaphragmatic breathing or "belly breathing"



## Mindfulness App

<https://themindfulnessapp.com/>

The Mindfulness App provides users with guided meditations to help you towards a more peaceful and healthier state of mind.



## Virtual Hope Box

It helps with coping, relaxation, distraction, and positive thinking. It provides positive activity planning, distraction tools, and interactive relaxation exercises -guided imagery, controlled breathing and muscle relaxation.



## Smiling Mind

<https://www.smilingmind.com.au/>

Practice daily meditation and mindfulness exercises



## Insight Timer

<https://insighttimer.com>

Provides guided meditations, music, and talks by contributing experts.