Helpful Mental Health Apps

**Addiction Recovery**

12 Steps AA Companion-Alcoholics Anonymous [Apple](https://apps.apple.com/us/app/12-steps-aa-companion-alcoholics/id295775656) | [Android](https://play.google.com/store/apps/details?id=me.deanhuff.companion&hl=en_US)

A comprehensive sobriety tool available for members of Alcoholics Anonymous. Has a Big Book reader, search tool, sobriety calculator, notes, AA contacts database, and more.

[Craving to Quit:](https://www.cravingtoquit.com/)

A 21-day program based on a successful smoking cessation program developed and tested at Yale University.

[Fortify](https://www.joinfortify.com/)

Fortify was designed to equip individuals struggling with compulsive pornography use – young and old – with tools, education and community to assist them in reaching lasting freedom. Our mission is to help spark an uprising of people tired of porn messing with their lives – and ready for something far better.

[NOMO Sober](https://saynomo.com/)

App for helping track the number of days that you are sober or clean. It also has extra features like an encouragement wall, accountability partner searching, milestone awards, journaling, games/exercises to help you refocus when you’re tempted, and more.

[Pocket Rehab](https://www.getpocketrehab.com/)

Offers 24/7 real-time recovery support and relapse prevention.

[Sober Grid](https://www.sobergrid.com/)  
A sober social network. Includes a sobriety county, recovery tracking, allows you to find sober people near you, and 24/7 peer support.

Stop Drinking with Andrew Johnson [Apple](https://apps.apple.com/us/app/stop-drinking-andrew-johnson/id365566955) | [Android](https://play.google.com/store/apps/details?id=com.hivebrain.andrewjohnson.drinking&hl=en_US):

Designed to help listeners relax and overcome the emotional and physical cravings of alcohol. The app is designed to help you break the negative habits that lead you to reaching for a drink and give you the positive resources to achieve your goals. Uses relaxation, hypnotherapy, positive suggestions and visualization.

[Turn](https://www.jointurn.com/)

Turn was designed to equip individuals struggling with chemical dependency with tools, education, analytics, and community to assist them in reaching long-lasting, sustainable freedom.

**Anger Management**

[AIMS (Anger and Irritability Management Skills)](https://mobile.va.gov/app/anger-and-irritability-management-skills-aims)

Provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions. Users can also create custom tools based on their preferences, and can integrate their own contacts, photos, and music.

**Anxiety/Depression/Mood Management**

[Aura: Meditation and Sleep](https://www.aurahealth.io/)  
Reduce stress & anxiety, improve focus, and sleep better using daily mindfulness meditations, life coaching, stories, and music. All personalized to you based on your mood.

[Clear Fear](https://www.clearfear.co.uk/)

Clear Fear uses a Cognitive Behavioral framework to help you change anxious thoughts and emotions, alter anxious behaviors and calm fear responses.

[DBT Coach](https://www.swasth.co/dbt-coach/)

Learn and practice DBT skills using video lessons and fun animations. Includes a user friendly diary card, summary screens to check your progress, analytics to get insight into your behavior, and over 1000 meditations.

[DBT Self-help](http://www.dbt-app.com/)

A tool that helps you manage overwhelming emotions, break destructive impulsive behaviors, navigate relationships and cultivate mindfulness.

[FearTools](https://www.feartools.com/)

FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. Includes simple, useful, and powerful tools, including a thought diary, exposure techniques, breathing, information, test/assessment, and videos.

[Happify](https://www.happify.com/)

Happify's science-based activities and games can help you overcome negative thoughts, stress, and life's challenges.

[Lift](https://www.joinlift.com/)

Lift was designed to equip individuals struggling with depression and anxiety with tools, education, analytics, and community to assist them in achieving deeper, sustainable healing.

[Mindshift](https://www.anxietycanada.com/resources/mindshift-cbt/)

Designed to provide you with tools for managing various types of anxiety, including test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict.

[MoodGym](https://moodgym.com.au/)

Like an interactive self-help book which helps you to learn and practice skills which can help to prevent and manage symptoms of depression and anxiety.

[MoodPath](https://mymoodpath.com/en/)

A “personalized mental health companion” that checks on you with questions to “learn” from your responses. These questions generate insights and other resources most relevant to your emotional health. Also has a mood journal, regular mental health reports, and resources to help.

[MoodTools](https://www.moodtools.org/)

If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools contains several different research-supported tools, including: a thought diary, activities, safety plan, information, test/assessment, and video.

Positive Activity Jackpot [Apple](https://apps.apple.com/us/app/positive-activity-jackpot/id1464064861) | [Android](https://play.google.com/store/apps/details?id=t2.paj&hl=en_US)

A unique augmented reality tool that uses the functionality of a smartphone in an innovative way. Combines a professional behavioral health therapy for depression called pleasant event scheduling (PES) with activities available in the user’s location, mapped with GPS

[SAM (Self-help for Anxiety Management)](https://sam-app.org.uk/)

Includes options for tracking anxiety, identifying anxiety triggers, teaching breathing and relaxation strategies, and developing an anxiety management toolkit.

[Sanvello](https://www.sanvello.com/)

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. Includes options like daily mood tracking, assessments, guided journeys, tools, and community.

**Chatbots**

[Woebot](https://woebot.io/)

Woebot is your very own coach who chats with you and offers insights and skills to help you grow into your best self. Woebot can help you think through situations with step-by-step guidance from Woebot using tools from Cognitive Behavioral Therapy (CBT), learn about yourself with intelligent mood tracking, master skills to reduce stress and live happier.

[Wysa](https://www.wysa.io/)

Wysa is an emotionally intelligent chatbot that uses AI to react to the emotions you express.

[Youper](https://www.youper.ai/)

Like a pocket AI therapist always there to talk.

**Eating Disorder**

[Recovery Record](https://www.recoveryrecord.com/):

A companion on your journey to recovery from eating disorders including anorexia, bulimia nervosa, and binge eating disorder. This app is also intended for people with general eating, weight and shape concerns. Based on CBT and self-monitoring research.

[Rise up and Recover](https://www.recoverywarriors.com/app/)

Allows you to track your meals and how you feel when you eat them and also transcribe your progress into a PDF printout. Also has quick coping strategies for when you feel the urge or binge or skip a meal.

**Mindfulness/Meditation/Relaxation/Stress Management**

Bloom [Apple](https://apps.apple.com/au/app/bloom-better-you/id1469479066) | [Android](https://play.google.com/store/apps/details?id=com.applantis.bloomapp&hl=en_US)

Get ready to experience better sleep, reduced stress levels and a more relaxed lifestyle with guided meditations, relaxing music, activities and mindful experiences.

Breathe2Relax: [Apple](https://apps.apple.com/us/app/breathe2relax/id425720246) | [Android](https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en_US)

Provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

Breethe [Apple](https://apps.apple.com/us/app/breethe-meditation-sleep/id920161006) | [Android](https://play.google.com/store/apps/details?id=com.Meditation.app&hl=en_US)

Choose from a wide variety of content to help you get the restful sleep you need, deal with life’s challenges with guided meditations series, and bring more happiness and peace of mind into your life with soothing music, short meditations, calming videos and breathing exercises you can use anytime anywhere.

[Buddhify 2](https://buddhify.com/):

"The mindfulness app for your modern life." Dozens of custom meditations for 14 different parts of your day.

[Calm](https://www.calm.com/)

App for sleep, meditation and relaxation. Includes guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music.

[Headspace](https://www.headspace.com/)

Headspace is your guide to everyday mindfulness in just a few minutes a day. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health.

[Insight Timer](https://insighttimer.com/meditation-app)

Includes 45,000 free guided meditations. You can meditate for as long as you want without ever paying a cent.

[MyLife](https://my.life/)

Meditation and mindfulness app that helps you find your quiet place. It allows you to check in with how you’re feeling, and recommends short guided meditations and mindfulness activities, tuned to your emotions.

[Omvana](https://www.omvana.com/mobile)

Guided meditations and sleep sounds to improve your life. Also includes a background music mixer to personalize your meditation practice

[Relax and Sleep Well](http://www.relaxandsleepwell.com/)

Guided relaxation/self-hypnosis.

[Relax Melodies](https://www.relaxmelodies.com/)

Create your very own relaxation and bedtime experience by mixing endless sounds and music, guided meditations, and shelves of stories.

Relax Lite [Apple](https://apps.apple.com/us/app/relax-lite-stress-and-anxiety-relief/id409665681) | [Android](https://play.google.com/store/apps/details?id=com.saagara.relaxlite&hl=en_US)

De-stress with guided breathing and meditation exercises that use calming music to promote relaxation.

[Relax with Andrew Johnson.](https://andrewjohnson.co.uk/#apps)

A variety of different apps that allow you to tailor your meditation experience to your needs.

[Simple Habit](https://www.simplehabit.com/)

A 5-minute meditation app designed to help busy people stress less, achieve more, and live better.

[Simply Being](https://www.meditationoasis.com/simply-being-app).

Provides a variety of meditation lengths and gives you options of background music or nature sounds.

[Shine](https://join.shinetext.com/)

Learn a new self-care strategy every day, get support from a diverse community, and explore an audio library of over 500+ original meditations, bedtime stories, and ambient music to help you shift your mindset or mood.

[Smiling Mind](https://www.smilingmind.com.au/smiling-mind-app)

Free mindfulness meditation app for both kids and adults.

[Superbetter](https://www.superbetter.com/)

SuperBetter builds resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult obstacles. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most.

Take a Break-- Guided Meditations for Stress Relief [Apple](https://apps.apple.com/us/app/take-a-break-meditations-for-stress-relief/id453857236) | [Android](https://play.google.com/store/apps/details?id=com.meditationoasis.takeabreak&hl=en_US)

Includes Work Break Relaxation (7 min.) and Stress Relief Meditation (13 min.).

Tactical Breather: [Apple](https://apps.apple.com/us/app/tactical-breather/id445893881) | [Android](https://play.google.com/store/apps/details?id=t2.tacticalBreather&hl=en_US)

Can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and psychological responses to your body during stressful situations.

[Ten Percent Happier](https://www.tenpercent.com/)

Want to sleep better, be more mindful, improve your relationships, and become just about ten percent happier? Guided meditations, videos, talks, and sleep content will help you build (or boost) your meditation practice, and stick with it.

**Mood Tracking**

CBT Thought Diary [Apple](https://apps.apple.com/us/app/cbt-thought-diary/id1010391170) | [Android](https://play.google.com/store/apps/details?id=com.moodtools.cbtassistant.app&hl=en_US)

Thought Diary will help you evaluate, understand, and change your thoughts and feelings. You can work to identify your emotions, analyze how and why you're feeling this way, challenge those negative beliefs, change your thinking patterns for future situations, and remember positive experiences.

[Daylio](https://daylio.webflow.io/)

Mood tracker and private journal. Select your mood and activities to help discover hidden patterns that impact your mood and life. You can also add notes and keep a diary.

eMoods [Apple](https://apps.apple.com/us/app/emoods-bipolar-mood-tracker/id1184456130) | [Android](https://play.google.com/store/apps/details?id=my.tracker&hl=en_US)

Private and easy to use mood tracker and diary for journaling, graphing, reporting, and managing symptoms related to bipolar, depression, anxiety, and other mood disorders. Start tracking, notice your triggers, and take control of your mood and other symptoms!

[iMoodJournal](https://www.imoodjournal.com/)

An ultimate journal, personal diary and mood charting tool. It can track not only mood, but anything you like: sleep, medication, symptoms, stress and anxiety, energy level, cycles, etc. It will help you discover causes of your ups and downs, and get surprising insights into yourself! Includes a colorful editable scale to rate overall well-being, the possibility to keep notes to record thoughts and experiences, smart #hashtags system to establish associations between moods and experiences, and gorgeous summary charts to recognize time-based patterns in mood.

T2 Mood Tracker [Apple](https://apps.apple.com/us/app/t2-mood-tracker/id428373825) | [Android](https://play.google.com/store/apps/details?id=com.t2.vas&hl=en_US)

Allows users to monitor their moods on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Custom scales can also be built. You can create items to track your progress and results are displayed in an easy-to-understand graph.

**Parenting**

Breathe, Think, Do with Sesame [Apple](https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597) | [Android](https://play.google.com/store/apps/details?id=air.com.sesameworkshop.ResilienceThinkBreathDo&hl=en_US)

This is a resource app for you to share with your child to help teach skills such as problem solving, self-control, planning, and task persistence.

The Happy Child [Apple](https://apps.apple.com/us/app/the-happy-child-parenting-app/id1422829127) | [Android](https://play.google.com/store/apps/details?id=com.hip.app&hl=en_US)

The Happy Child grants you access to cutting-edge research and tips that will help you raise a happy, well-adjusted child. Years of ground-breaking research and findings have been curated into one easy-to-use app.

**Productivity, Motivation, and Goal Setting**

[Carrot To-Do:](http://meetcarrot.com/todo/)"The world’s first to-do list with a personality. You keep this sadistic AI construct happy by getting things done in real life. She'll reward you. But be careful! Slackers make CARROT upset..."

[Evernote](https://evernote.com/): cloud storage that helps you "collect and find everything that matters.” Syncs the material across your Evernote applications on all your devices.

Habitca [Apple](https://apps.apple.com/us/app/habitica/id994882113?ls=1) | [Android](https://play.google.com/store/apps/details?id=com.habitrpg.android.habitica):

Treat your life like a game to stay motivated and organized! Habitica makes it simple to have fun while accomplishing goals. Input your Habits, your Daily goals, and your To-Do list, and then create a custom avatar. Check off tasks to level up your avatar and unlock features such as armor, pets, skills, and even quests! Fight monsters with friends to keep each other accountable, and use your gold on in-game rewards, like equipment, or custom rewards, like watching an episode of your favorite TV show.

Priority Matrix [Apple](https://apps.apple.com/us/app/priority-matrix/id409077093) | [Android](https://play.google.com/store/apps/details?id=com.appfluence.prioritymatrix&hl=en_US):

Simple and effective task management app. Uses time management strategies to help you be more effective in managing your priorities.

[Remente](https://www.remente.com/)

Remente helps you understand where in life you should focus. It helps you set goals and teach you ways to feel good, be productive and keep motivated.

[Todoist: To-Do List / Task List](https://todoist.com/downloads/windows)**:** To-do list and task manager that works on 13 platforms and syncs across all your devices.

**Relationships**

[Gottman Card Decks](https://www.gottman.com/couples/apps/)

Offers helpful questions, statements, and ideas for improving your relationship.

[Lasting](https://getlasting.com/)

Helps you and your partner nurture your emotional connection and repair relationship issues. Each session creates the space for you to reflect, unpack your thoughts, and discuss them with your partner. This enables you to understand one another better, work through disagreements, and connect in healthy ways.

[MyPlan](https://www.myplanapp.org/home)

Tool to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship.

**Self-Esteem and Confidence**

I am—Positive Affirmations [Apple](https://apps.apple.com/us/app/i-am-positive-affirmations/id874656917) | [Android](https://play.google.com/store/apps/details?id=com.hrd.iam&hl=en_US)

Daily affirmations help rewire our brains, build self-esteem and change negative thought patterns. Empower yourself by verbally affirming your dreams and ambitions. Choose from many daily intentions and set reminders to be delivered throughout the day.

ThinkUp: Positive Affirmations [Apple](https://apps.apple.com/us/app/thinkup-positive-affirmations/id906660772) | [Android](https://play.google.com/store/apps/details?id=com.think.up&hl=en_US)

Select and personalize your affirmations, set notifications and listen to them daily, and track your practice.

**Self-Harm**

[Calm Harm](https://calmharm.co.uk/)

The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Learn to ride the wave with the free Calm Harm app using these activities: comfort, distract, express yourself, release, random, and breathe.

**Safety**

[Circle of 6](https://www.circleof6app.com/)

Lets you choose six trusted friends to add to your circle. If you get into an uncomfortable situation, use Circle of 6 to automatically send your circle a pre-programmed SMS alert message with your exact location.

**Sleep**

[CBT-I Coach](https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp#:~:text=CBT%2Di%20Coach%20is%20a,routines%20and%20improve%20sleep%20environments)  
For people who have experienced symptoms of insomnia and would like to improve their sleep habits.

[Pzizz](https://pzizz.com/)

Using the latest clinical research, the app's patented system plays you "dreamscapes"— a sleep-optimized mix of music, voiceover, and sound effects that change each night, to quickly quiet your mind, put you to sleep, keep you asleep, and then wake you up feeling refreshed.

[Sleep Time](https://www.azumio.com/s/sleeptime/index.html)

Tracks and analyzes sleep data through body movements. The app then uses this analysis to wake the user up during the ideal time in the sleep cycle.

[Sleepio](https://www.sleepio.com/)

Sleepio is designed to teach you how to overcome even long term poor sleep without pills or potions. Download the companion app for instant access to your daily sleep diary and schedule, and your virtual sleep expert, The Prof.

[SnoreLab](https://www.snorelab.com/)

SnoreLab records, measures and tracks your snoring and helps you to discover effective ways to reduce it.

**Suicide Prevention/Crisis**

[A Friend Asks](https://jasonfoundation.com/get-involved/student/a-friend-asks-app/)

Helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

[ASK & Prevent Suicide:](https://texassuicideprevention.org/information-library/app-promotions/)

Includes warning signs associated with suicidal behavior, what to do, access to crisis lines.

[My3](https://my3app.org/)

Stay connected to your network when you are in a time of crisis with MY3. You define your network, and your plan to stay

[NotOk](https://www.notokapp.com/download)

Takes the guesswork out of asking for help when you're feeling vulnerable. We'll notify your trusted contacts that they've been selected as your support group, so when the time comes and you need to reach out, you'll just have to open the app and press the large, red notOK™ button.

[Operation Reach Out](http://www.4mca.com/suicide_prevention_app/)

Developed by the military to prevent suicide. Recorded videos and menu options help users assess their thinking and reach out for help in crisis.

[SafeUT](https://healthcare.utah.edu/uni/safe-ut/)

Statewide service that provides real-time crisis intervention to through live chat and a confidential tip program.

Suicide Safety Plan [Apple](https://apps.apple.com/us/app/suicide-safety-plan/id1003891579) | [Android](https://play.google.com/store/apps/details?id=com.moodtools.crisis.app&hl=en_US)

Having a plan in place that can help guide you through difficult moments can help you cope and keep you safe. A safety plan is designed so that you can start at the beginning and continue through the steps. You can customize your own warning signs that a crisis may be developing, coping strategies for dealing with suicidal urges, places for distraction, friends and family members you can reach out to, professionals you can call, methods of making your environment safe, and your own important reasons for living.

Virtual Hope Box [Apple](https://apps.apple.com/us/app/virtual-hope-box/id825099621) | [Android](https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en_US)

Helps with coping, relaxation, distraction from overwhelming emotion, and positive thinking. You can personalize the content on the app to meet your specific needs.

**Trauma**

[Peaceful Heart Network](https://peacefulheart.se/)

Self-help for trauma. Learn the Trauma Tapping Technique (TTT), a self-help method to help people work through trauma and self-regulate stress.

[PTSD Coach](https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)  
Developed by the Department of Veterans Affairs' National Center for PTSD. This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD.

[PTSD Connect:](http://www.ptsdconnect.com/)

Join a growing community of people from all walks of life who face PTSD. Members share experiences and learn from each other. Follow discussions on the go, find helpful tips and treatment resources.

<http://www.vppsychotherapy.com/anxiety-resources2.html>

Brainwaves

Subliminal: Daily Motivation

Mango Health