

Addiction Recovery

<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
12 Steps Companion AA Big Book	Click Here	Click Here
Craving to Quit	Click Here	Click Here
Fortify – Quit Porn for Good	Click Here	Click Here
Nomo – Sobriety Clocks	Click Here	Click Here
Pocket Rehab: Injuries +	Unavailable	Click Here
Sober Grid	Unavailable	Click Here

Anger Management

<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
Turn - Addiction Recovery	Click Here	Click Here
AIMS for Anger Management	Click Here	Click Here

Anxiety/Depression/Mood Management

<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
Aura: Meditation and Sleep	Click Here	Click Here
Clear Fear	Click Here	Click Here
DBT Coach	Click Here	Click Here
DBT Self-help	Click Here	Click Here
FearTools	Click Here	Click Here
Happify	Click Here	Click Here
Lift	Click Here	Click Here
Mango Health	Click Here	Unavailable
Mindshift	Click Here	Click Here

Minddoc	Click Here	Click Here
MoodTools	Click Here	Click Here
SAM (Self-help for Anxiety Management)	Click Here	Click Here
Sanvello	Click Here	Click Here
Chatbots		
<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
Woebot	Click Here	Click Here
Wysa	Click Here	Click Here
Youper	Click Here	Click Here
Eating Disorders		
<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
Recovery Record	Click Here	Click Here
Rise up and Recover	Unavailable	Click Here
Mindfulness/Meditation/Relaxation/Stress Management		
<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
Bloom	Click Here	Unavailable
Breathe2Relax	Click Here	Click Here
Breethe	Click Here	Click Here
Buddhify 2	Click Here	Click Here
Calm	Click Here	Click Here
Headspace	Click Here	Click Here
Insight Timer	Click Here	Click Here
MyLife	Click Here	Click Here

Relax Melodies	Click Here	Click Here
Relax Lite	Click Here	Click Here
Relax with Andrew Johnson	Click Here	Click Here
Simple Habit	Click Here	Click Here
Simply Being	Click Here	Click Here
Smiling Mind	Click Here	Click Here
Superbetter	Click Here	Click Here
Take a Break-- Guided Meditations for Stress Relief	Click Here	Click Here
Tactical Breather	Unavailable	Click Here
Ten Percent Happier	Click Here	Click Here
Mood Tracking		
<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
Daylio	Click Here	Click Here
eMoods	Click Here	Click Here
iMoodJournal	Click Here	Unavailable
Parenting		
<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
The Happy Child	Click Here	Click Here
Productivity, Motivation, and Goal Setting		
<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
Carrot To-Do	Click Here	Unavailable
Evernote	Click Here	Click Here
Habitca	Click Here	Click Here

Priority Matrix	Click Here	Click Here
Remente	Click Here	Click Here
Todoist: To-Do List / Task List	Click Here	Click Here
Relationships		
<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
Gottman Card Decks	Click Here	Click Here
MyPlan	Click Here	Unavailable
Lasting	Click Here	Click Here
Self-Esteem and Confidence		
<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
I am—Positive Affirmations	Click Here	Click Here
ThinkUp: Positive Affirmations	Click Here	Click Here
Self-Harm		
<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
Calm Harm	Click Here	Click Here
Sleep		
<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
CBT-I Coach	Click Here	Click Here
Pzizz	Click Here	Click Here
Sleep Time	Click Here	Click Here
Sleepio	Click Here	Click Here
SnoreLab	Click Here	Click Here

Suicide Prevention / Crisis

<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
A Friend Asks	Click Here	Click Here
My3	Click Here	Click Here
NotOk	Click Here	Click Here
Operation Reach Out	Click Here	Click Here
SafeUT	Click Here	Click Here
Suicide Safety Plan	Click Here	Click Here
Virtual Hope Box	Click Here	Click Here

Trauma

<i>App Name</i>	<i>Apple Link</i>	<i>Android Link</i>
Peaceful Heart Network	Click Here	Unavailable
PTSD Coach	Click Here	Click Here