



# 16 MENTAL HEALTH APPS

Recommended by Counsellors



What it's for	What it's called	More info	Ages
Anxiety	<b>MindShift</b>	<ul style="list-style-type: none"> <li>• Learn to cope with anxiety and relax</li> <li>• Developing more helpful ways of thinking</li> <li>• Examples: managing worry, tackling social fears, perfectionism, riding out intense emotions, sleep</li> </ul>	Youth/ Adults
Anxiety	<b>FearFighter</b>	<ul style="list-style-type: none"> <li>• CBT based treatment program for panic and phobias</li> <li>• 9 modules, including anxiety management, exposures</li> <li>• Lean tools and techniques, print summaries and activities</li> <li>• Includes questionnaires to monitor progress</li> </ul>	Older Youth/ Adults
Anxiety	<b>SAM</b> <b>(Self-help for anxiety management)</b>	<ul style="list-style-type: none"> <li>• Learn about anxiety</li> <li>• Mindfulness/breathing in the moment</li> <li>• Ratings for your anxiety, thoughts, sensations, keeps track</li> <li>• Add your own anxious thoughts/feelings</li> <li>• No music or sound, lots of reading</li> </ul>	Older Youth/ Adults
Breathing / Coping	<b>Breathe 2 Relax</b>	<ul style="list-style-type: none"> <li>• Video's on how to belly breathe</li> <li>• Guided deep breathing exercises</li> <li>• Stress tracker, to rate before and after</li> <li>• Personalize – pictures, metronome, voices etc.</li> </ul>	Older Youth/ Adults

Breathing / Coping	<b>Tactical Breather</b>	<ul style="list-style-type: none"> <li>• Simple, 4-count breathing app</li> <li>• Guided</li> </ul>	All ages
Coping	<b>Virtual Hope Box</b>	<ul style="list-style-type: none"> <li>• For when feeling stressed/ having difficult thoughts</li> <li>• Prompts to Distract, Inspire, Relax, or Cope (tools included)</li> <li>• Add personal media, like favourite songs, videos, quotes</li> <li>• Personalize coping cards and activity planner</li> </ul>	Older Youth/ Adults
Coping	<b>What's Up?</b>	<ul style="list-style-type: none"> <li>• Geared towards mood/depression challenges, CBT based</li> <li>• Psycho-educational – gives lots of information</li> <li>• Walks you through TOOLS, like coping strategies, in the moment things to do, catastrophe scales</li> <li>• Easy to use, visually appealing</li> </ul>	Older Youth/ Adults
Mindfulness	<b>HeadSpace</b>	<ul style="list-style-type: none"> <li>• Meditation introduction</li> <li>• Many guided practices</li> <li>• 10 free sessions – limited options</li> </ul>	Youth/ Adults

Mindfulness	<b>Stop-Breathe-Think</b>  &  <b>Stop-Breathe-Think KIDS</b>	<ul style="list-style-type: none"> <li>• Introduction to mindfulness</li> <li>• Lots of free options without upgrading</li> <li>• “Check-in” before and after meditations</li> <li>• Huge list of emotions during “check-in” – self-awareness</li> <li>• Picks meditation suggestions for you</li> <li>• Kids version for younger children, simple to use and age specific</li> </ul>	All ages depending on version
Mindfulness	<b>Smiling Mind</b>	<ul style="list-style-type: none"> <li>• Introduction to meditation with guided practices</li> <li>• Age specific – starting at 7 years old</li> <li>• Many different focuses (i.e explore sound, body)</li> <li>• Tons of meditations for free, includes a <b>Mindfully Back to School</b></li> </ul>	Children Youth/ Adults
Mood/ Depression	<b>Mood Tools</b>	<ul style="list-style-type: none"> <li>• PHQ-9 Self Test, track changes, CBT based</li> <li>• Lots of videos – meditations, sounds, TedTalks</li> <li>• Activity prompts to pick from or choose randomly</li> <li>• Customizable safety plan (coping strategies, reasons for living)</li> </ul>	Older Youth/ Adults
Mood	<b>T2 Mood Tracker</b>	<ul style="list-style-type: none"> <li>• Keep track of moods, add notes for given days</li> <li>• Scales and ratings for anxiety, depression, stress...</li> <li>• Ability to track moods over time through graphs</li> </ul>	Youth/ Adults

Mood	<b>Pacifica</b>	<ul style="list-style-type: none"> <li>• Track mood, thoughts, keep track of trends, tools to manage</li> <li>• Rate mood and take action right away, with suggestions based on your level of energy</li> <li>• Some free features, others paid</li> </ul>	Older Youth/ Adults
Mood	<b>SuperBetter</b>	<ul style="list-style-type: none"> <li>• Game-based app</li> <li>• Face daily challenges, get points and power-ups, go on quests, battle monsters</li> <li>• Some challenges: anxiety, depression, stress, sleep</li> <li>• Power-ups have ideas for quick ways to feel better</li> </ul>	Youth/ Adults
Intense Emotions / Self Harm	<b>Calm Harm</b>	<ul style="list-style-type: none"> <li>• Ride the WAVE (Wave skill)</li> <li>• Choose a 5 or 15 minute countdown</li> <li>• Many activities and distractions to choose from with lots of suggestions</li> </ul>	Youth
Relationships	<b>Mend</b>	<ul style="list-style-type: none"> <li>• For after break-ups</li> <li>• Texting style, easy to use</li> <li>• Audio trainings and daily check-ins, articles on relationships</li> <li>• Paid app – only 7 days free.</li> </ul>	Youth/ Adults



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