



THERE'S AN APP FOR THAT

Mobile Apps for Mental Health



What's Up, is available on Android and iPhone for FREE (there are in-app purchases). It has a diary, a "catastrophe tracker," uplifting quotes, a game for grounding, information about thinking patterns, and a habit tracker. This app is great for teaching young people about how to cope with Depression, Anxiety, Anger, Stress and more!



MindShift is available on Android and iPhone for FREE and is focused on anxiety. MindShift is an app 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.



TalkLife is available on Android and iPhone for FREE and is an app that connects teens with mental health issues and allows them to have a safe space to communicate.



Suicide Safety Plan is available on Android and iPhone for FREE and is designed to help people get through suicidal thoughts and it also has a list of emergency resources inside of it that users can tap and immediately access.



Calm is a meditation app available on Android and iPhone for FREE. It is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced meditators and gurus. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.



Mind Match: Mental Health Trivia Game: match cards, answer mental health trivia questions and be mindful of your score.