

# Mental Health Apps

Links to free evidence-based apps, some with paid options, which can help with your mental health and wellness. The list includes apps for Windows, IOS and Android devices.

Bookmark

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We have tried and recommend any of these apps for your smartphone. They are provided for information only and should not be relied on, as professional advice.

*Always consult your physician or appropriate health-care provider with respect to your particular circumstances.*

They are labeled by payment style: (F) free, (F/P) free with an option for a paid version, (S) for subscription, and (O) for One time purchase.



### Headspace

Learn the essentials of meditation and mindfulness with their free Basics pack. If you enjoy it, you can subscribe. (S)



### The Fabulous

This science-based app is intended to help you build healthy rituals into your life. (F/P)



### THINK'n

A web based program divided into short modules intended to teach strategies that help decrease stress, increase resiliency and prevent mental illness. (S)



### **Calm**

A meditation app for beginners that also includes programs for intermediate and advanced meditators. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20, or 25 minutes so you can choose the length that best fits your schedule. (F/P)

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### **Buddhify**

Made for meditation on the go ("Urban Meditation") (O)

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### **Happify**

Overcome stress and negative thoughts. Build Resilience. (S)

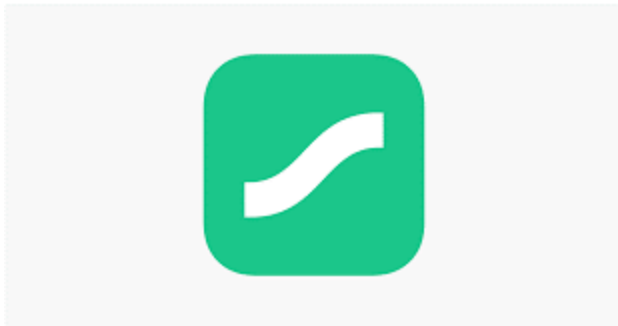
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### **SAM (Self-Help for Anxiety Management)**

Self-Help for Anxiety Management (SAM) is a free app that provides people with instructions and activities for managing anxiety. Users can log in and trend their present level of anxiety, list things that make them anxious, read about activities for improving anxiety management, use tools (e.g. thought recorder, breathing timer) for anxiety management, bookmark useful tools and approaches, and discuss anxiety management with other users. (F)

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### **Sanvello**

Clear and intuitive presentation of Cognitive Behavioural Therapy (CBT) techniques with less reliance on text entries than other apps. Additional techniques related to mindfulness, healthy behaviours and relaxation are included. Frequent and meaningful feedback and reminders. (O)

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### **SUPERBETTER.**

#### **Superbetter**

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

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**[Pain Coach \(WebMD\)](#)**

WebMD Pain Coach offers a holistic approach to balancing lifestyle with chronic pain conditions to help inspire a better day. WebMD's new app is a mobile companion to help you through daily health and wellness choices so you can better manage your chronic pain. (F)