

Mental Health & Wellness Apps

Apps can be downloaded for free from the App Store or Google Play. Some apps require subscriptions or In-App purchases.

General Mental Health Apps

Moodfit



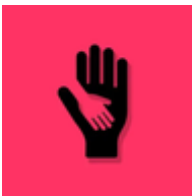
Moodfit offers tools and insights that are meant to “shape up” your mood. Similar to the way you might decide to get into physical shape, this app is meant to help you get into mental shape.

Headspace

Headspace is your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills and choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, focus, and mind-body health.



What's Up



What's Up uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with depression, anxiety, and stress.

Calm

The Calm app helps users sleep better, boost confidence, and reduce stress and anxiety with the help of guided meditations, soothing music, and bedtime stories.



Crisis Apps

Safe UT



Safe UT is a statewide service that provides real-time crisis intervention to youth through live chat, phone calls, and confidential tips. A 24/7 Crisis Line call center responds to incoming chats and provides support, including crisis counseling, suicide prevention, and referral services.

Suicide Safety Plan

Suicide Safety Plan allows users to create and save a plan to help guide an individual through a difficult moment. It also includes emergency resources that are just a tap away.



Anxiety Apps

MindShift



MindShift helps to show the importance of changing and to think differently about anxiety rather than avoiding it.

Breathe2Relax

Breathe2Relax offers detailed information on the effects of stress and instructions for practices to help learn stress management skills through diaphragmatic breathing. It can even measure heart rate during breathing exercises through an Apple Watch.



InsightTimer



Insight Timer includes thousands of free meditation exercises to help reduce anxiety. It also includes thousands of music tracks and ambient sounds to aid in relaxation.