

# Mental Health Apps

## General Mental Health

- Healthy Minds – mental health app for university students
- Happify – games based on the science of happiness
- Mend – app for going through break-up
- Eating Disorder Management – app for eating disorder recovery
- Quit That! – app for beating habits and addictions
- Stigma – personal journal with social network feature
- MY3 – suicide safety planning app
- Coach me – habit tracking app

## Meditation

- Stop, Breathe and Think
- Calm
- Insight Timer
- Headspace
- Relax meditation

## Sleep

- Relax and Sleep Well
- Relaxing melodies – sleep meditation app
- Sleep time – alarm clock and sleep analysis app

## Anxiety

- Mindshift – tools for tackling anxiety
- Anxiety Free – hypnosis app for reducing anxiety
- Stop Panic and Anxiety – tool for overcoming panic attacks
- Worry Box – app for journaling worries
- Breath2relax – tool for breathing exercises
- nOCD – app for overcoming OCD
- PTSD Coach – app for overcoming PTSD

## Depression/Mood

- T2 mood tracker – app for tracking your emotions
- iMoodJournal – personal journal and mood charting tool
- Moodtrack Social Diary – mood graphing tool with anonymous chat feature
- Moodtools – tools for alleviating negative moods
- Moodpath – app for mental health assessment and improvement
- What's Up – app for coping with depression and anxiety
- Reflectly – journal for happiness