

## Free Mental Health and Well-being Smartphone Apps

### Anxiety/Stress/Depression



- **MindShift** (iOS & Android)
  - Targeted to support young adults gain insight into and form basic skills to manage their symptoms of anxiety, including GAD, social anxiety, specific phobias, and panic attacks, as well as worry, performance anxiety, test anxiety, and perfectionism, providing users with more helpful, balanced ways of thinking about feared situations.
  - Includes "Chill out" tools such as breathing exercises, mental imagery, and mindfulness strategies in text and audio format.
  - A feature called "Quick Tips" is included to assist with anxiety in the moment.
  - Users can favourite the methods that work for them.
  - It is highlighted that this app is NOT helpful for people looking to track their symptoms and progress. It is not intended for students that are easily overwhelmed by multiple choices, or those with PTSD or OCD.



- **Breathe2relax** (iOS & Android)
  - Teaches breathing techniques to manage stress. The skills taught may be applied to those with anxiety disorders, stress, and PTSD.
  - Allows users to record their own stress level, and provides informative videos and graphics about the consequences of stress.



- **Calm** (iOS & Android)
  - Available on the web and as an app
  - Guided meditation sessions that range from two to twenty minutes.
  - Includes ten "immersive nature scenes" to aid in the relaxation process.
  - **Subscription costs for some sessions.**



- **SAM** (iOS & Android)
  - This app can support users to understand and manage their anxiety by monitoring anxious thoughts and behaviour over time. It provides self-help exercises through multimedia and mini-games.
  - Developed in collaboration with a research team at UWE, Bristol.



➤ **Pacifica** (iOS, Android & Web)

- Teaches deep breathing, behavioural exercises, and how to identify cognitive distortions (negative thinking patterns)
- Supports users to replace negative thoughts with positive thinking patterns.



➤ **Anti-Anxiety App** (iOS & Android)

- Users can take a diagnostic quiz about their level of stress and anxiety, the app will take the answers and design a custom treatment plan.
- Instructional self-help videos like “How to Tolerate and Lessen Anxiety” are available and users can keep a daily log of their anxiety and worries to track their progress.



➤ **Balanced** (iOS)

- Users can input goals and track the things they wish they did more often.
- App provides motivation to carry out these activities.



➤ **Smiling Mind** (iOS, Android & Web)

- Everyday mindfulness meditation app
- Features guided meditations with the objective of managing stress, increasing resilience and assisting in reducing mental health difficulties.
- users can move at their own pace, rate how they are feeling before/after session and receive notifications/reminders to keep on track
- Further website info: <http://au.professionals.reachout.com/smiling-mind#about>



➤ **Optimism** (iOS & Web)

- Mood charting app that helps users develop strategies for managing depression, or other mental health conditions.
- Website: <http://www.findingoptimism.com/>
- Users can document a wellness plan that details strategies and appropriate steps in the event of illness. Updates can be made regularly as circumstances change and self-understanding increases.



- **Toxic Thinking** (iOS & Android)
  - Supports users to recognise toxic thinking patterns and understand what action is appropriate to reduce them.
  - Offers CBT techniques to interrupt negative thinking cycles



- **Sleep Cycle** (iOS & Android)
  - Movements vary with each sleep phase. Sleep Cycle uses sound analysis to identify sleep states by tracking movements in bed.
  - Sleep Cycle uses a wake up phase (30 minutes by default) that ends at a user's desired alarm time. During this phase Sleep Cycle will monitor signals from the body to wake the user up softly, when they are in the lightest possible sleep state.
  - Further info: <http://www.sleepcycle.com/howitworks.html>

### Bipolar Disorder



- **DBSA Wellness Tracker** (iOS & Android)
  - This free app created by the Depression and Bipolar Support Alliance, supports users to monitor their moods for identification of specific trends, promoting self-management of bipolar, anxiety etc.
  - This app can be useful to track events, medication, exercise, diet etc. and the impact this can have on mood.



- **T2 Mood Tracker**
  - Developed to help users track their emotional experience over time, providing a tool to share this information with a health care provider.
  - Mood ratings can be viewed on easy to read graphs to recognise patterns over time
  - Users can make notes describing what happened through the day to track how events may affect their mood.

### Eating Disorders



- **Recovery Record** (iOS & Android)
  - Uses cognitive behavioural therapy techniques and self-monitoring methods.
  - Allows users to keep a food and feeling journal. They can create customisable meal plans, coping tactics and goals while tracking progress through questionnaires. This is visualised on charts which can then be shown to treatment teams.

- Online community can offer real-time feedback and support.
- Personalised reminders can be scheduled.



➤ **Rise Up + Recover** (iOS & Android)

- This app uses cognitive behavioural therapy (CBT) techniques to help users monitor their diet, exercise and identify triggers.

### Panic Attacks



➤ **Stop Panic & Anxiety Self-Help** (Android)

- Includes articles about CBT
- Audio files are included which encourage relaxation and aim to support users through a panic attack
- When users have overcome an attack, they can use the app's journal to record what caused the attack and how they were able to get through it. This can support them to learn from their experiences and prepare for future panic attacks.

### PTSD



➤ **PTSD Coach** (iOS & Android)

- Educates users about PTSD and its treatment
- Offers a self-assessment tool, links users up to support groups, and provides stress management tools.
- The skills taught may be applied to individuals with mild to moderate versions of PTSD and for whom self-guided assessment and treatment might be sufficient. It would NOT be helpful for PTSD sufferers who require one-to-one treatment, high-frequency direct clinical interface, or for those who have difficulty making decisions.



➤ **Breathe2relax** (iOS & Android)

- Teaches breathing techniques to manage stress. The skills taught may be applied to those with PTSD.
- Allows users to record their own stress level, and provides informative videos and graphics about the consequences of stress.