

Mental Health Apps

For Meditation



Headspace- Guided session on everything from managing stress and anxiety, to sleep, productivity, exercise, and physical health. Free for 10 session then monthly fee.



Calm- Guided meditation sessions and sleep stories. Focus on increasing mindfulness. Free trial followed by monthly fee.



INSIGHT
Peace in our Timer

Insight Timer- Guided meditation and talks led by world's top meditation and mindfulness experts. Thousands of guided meditations. Free with some pay features available



YouTube- Has 1000s of free meditations. Just search for guided mediation.

For Mental Health Management



Mindshift- Teaches basic skills to manage symptoms of anxiety disorders. Free



T2 Mood Tracker- Helps individuals track their emotional states and how they change over time for personal insight and awareness. Free



Calm Harm- Designed to help users "ride out the wave" of self-injury using customizable activities. Allows for journaling and logging. Free



Stanley Brown Safety Plan App- Safety plan on phone for suicidal thoughts. Free



Stop Breathe Think- Allows users to check in on their emotions. Includes short meditations, yoga and acupressure videos. Free

For Sleep



Sleep Calculator Pro- Allows users to set the time they'd like to get up or time they are going to bed to determine best time to set their alarm. Free



*Elmhurst College
Wellness Center*

Monday-Friday, 8:00 a.m.-4:00 p.m.

*Please call (630) 617-3565 to make
an appointment*