



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 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 meditation.

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