



MENTAL HEALTH APPS

BELOW IS A LIST OF APPLICATIONS THAT ADDRESS A VARIETY OF CONCERNS AND CAN BE USED TO SUPPORT THE WORK YOU DO IN COUNSELING OR ASSIST WITH SELF-IMPROVEMENT. THE APPLICATIONS ARE SORTED BY TOPIC.

Recommended browsers for app links are Firefox, IE, or Safari.



Anxiety

Mind Shift CBT

MindShift CBT is a free self-help anxiety relief app available on iPhone and Android. This app helps you reduce worry, stress, and panic by following evidence-based strategies.

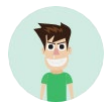
Calm

The calm app for iPhone and Android devices was branded as Apple's "App of the Year" in 2017. The app is designed to reduce anxiety, improve sleep, and help you to feel happier.

SAM

SAM (Self-Help for Anxiety Management), an iPhone and Android app, offers options for tracking anxiety, identifying anxiety

triggers, teaching breathing and relaxation strategies, and developing an anxiety management toolkit.



Depression

Depression CBT Self Help Guide

This Android app contains a depression severity test, audios, articles, a cognitive diary, and a motivational points system that helps you learn how to do this.

Cognitive Diary CBT

The self-help methods used in this Android app are based on the tools of cognitive-behavioral therapy (CBT) and challenge irrational thinking.



Mindfulness & Relaxation

Headspace

Headspace, for iPhone and Android devices, is meditation made relevant to modern life. Get unique daily guided meditations, science facts and figures and progress reports, all designed to make it as easy as possible for you to get some calm and clarity.

Nature Sounds Relax and Sleep

This Android app lets you choose from a list of 6 different good quality nature relaxing sounds (sounds of nature) which include thunder, ocean sounds, sea, bird sounds, rain, night in jungle, water sounds, waterfall, nature and start you personal audio therapy.



Mental Health Tools

T2 Mood Tracker

T2 Mood Tracker is an iPhone and Android app that allows you to monitor and track emotional health. The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and general well-being. You can create items to track your progress and results are displayed in an easy-to-understand graph.

These links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by Middle Georgia State University or the Office of Counseling and Accessibility Services of any of the products, services or opinions of the corporation or organization or individual. MGA bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.