

HOTLINES

1-800-273-TALK (273-8255)

APPS



T2 Mood Tracker

By The National Center for Telehealth and Technology

Android, iPhone, iPad, and iPod touch. Free. (Rated Ages 4 and older)

Description

T2 Mood Tracker allows users to monitor their moods on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Custom scales can also be built. Users rate their moods by swiping a small bar to the left or to the right. The ratings are displayed on graphs to help users track their moods over time. Notes can be recorded to document daily events, medication changes and treatments that may be associated with mood changes, providing accurate information to help health care providers make treatment decisions.



MoodKit - Mood Improvement Tools

By Thriveport, LLC

Android, iPhone, iPad. \$4.99 (Rated Ages 12 and older)

Description

Improve your mood and become your own expert with the wisdom and guidance of MoodKit at your fingertips!
• Featured in London Times, NY Times, LA Times, Harvard Business Review, CNET, Discover Magazine & more • Developed by experts and repeatedly selected as one of the "best mental health apps" in the world • Professional psychology tips and tools for everyday life!

- * Take action to improve your life.
- * Feel better by changing how you think.
- * Rate & chart your mood to monitor progress.
- * Develop self-awareness & healthy attitudes.



Moodnotes - Thought Journal / Mood Diary

By Thriveport, LLC

iPhone, iPad. \$3.99. (Rated Ages 12 and older)

Description

Capture your mood and improve your thinking habits through an innovative approach to journaling! Moodnotes empowers you to track your mood over time, avoid common thinking traps, and develop perspectives associated with increased happiness and well-being.



CALM HARM

By Stem4

Android, iPhone, and iPad. Free. (Rated Ages 4 and older)

Description

Calm Harm provides tasks that help you resist or manage the urge to self harm. You can add your own tasks too and it's completely private and password protected. The four categories of tasks target the main reasons for why people self harm. Distract helps to combat the urge by learning self control; Comfort helps to care rather than harm; Express gets those feelings out in a different way and Release provides safe alternatives for coping.



Happify: Science-Based Activities and Games for Stress and Anxiety Relief

By Happify, Inc.

Android, iPhone, and iPad. Free. (Rated Ages 4 and older)

Description

How you feel matters. Whether you're feeling sad, anxious and stressed, or you're dealing with constant negative thoughts, Happify brings you effective tools and programs to take control of your emotional wellbeing.



Calm in the Storm: Stress Management and Relaxation

By Tactica Interactive

Android, iPhone, and iPad. Free. (Rated Ages 12 and older)

Description

Reduce, manage, and learn about stress in your life with Calm in the Storm. This easy to use app, created by mental health professionals using clinically proven information and strategies, features:

- guided audio meditations to relieve your stress and tools for assessing your stress
- ability to track your perceived stress levels and symptoms over time
- personalization through adding your own pictures and phrases that help calm you
- a fully customizable stress safety plan



Virtual Hope Box

By National Center for Telehealth & Technology

Android, iPhone, and iPad. Free. (Rated Ages 4 and older)

Description

The Virtual Hope Box (VHB) is an app designed for as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. You can personalize the VHB content for your needs. VHB stores a variety of rich multimedia content for personalized support. For example, family photos, videos and recorded messages from loved ones, inspirational quotes, music, reminders of previous successes, and affirmations of their worth. A patient can also create coping cards to use in response to personal problem areas they experience. Finally, the VHB provides positive activity planning, distraction tools, and interactive relaxation exercises including guided imagery, controlled breathing and muscle relaxation.



Simply Being - Guided Meditation for Relaxation and Presence

By Meditation Oasis

Android, iPhone or iPad. \$1.99. (Rated Ages 4 and older)

Description

RECOMMENDED BY THE NY TIMES, SELF MAGAZINE, YOGA JOURNAL, the HUFFINGTON POST
Enjoy the deep relaxation, stress relief and benefits of meditation without prior experience. It allows you to choose from 5 meditation times and gives you the option to listen to the guided meditation with or without music or nature sounds. You can also listen to the music or nature sounds alone.



Breathing Zone - Relaxing Breathing Exercises

By Breathing Zone

Android, iPhone, iPad. \$3.99. (Rated Ages 4 and older)

Description

Breathing Zone is a doctor recommended breathing exercise that can reduce stress and anxiety and improve your mood.



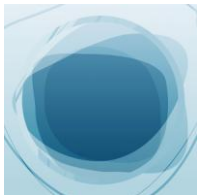
Guided Mind — Guided Meditation, Relaxation & Mindfulness

By AppSimple LLC

Android, iPhone or iPad. Free. (Rated Ages 4 and older)

Description

Relax and get guided through meditations on a variety of topics dealing with the stresses and challenges of day-to-day life. Updated frequently with new guides and meditations. Easy & effective step-by-step, voice-guided meditations. Short (~5min), medium (~15min), and long (30+ min) meditations.



PAUSE - Relaxation at your fingertip

By ustwo™

Android, iPhone, iPad. \$1.99. (Rated Ages 4 and older)

Description

Easily start the journey to relaxation – anywhere and anytime. By slowly and continuously moving your fingertip across the screen, PAUSE triggers the body's 'rest and digest' response, quickly helping you regain focus and release stress within minutes. The calming audiovisual feedback keeps focus in the present moment.