

Free Phone App Resources



Mindshift

This app is designed for teens and young adults who want help with feelings of anxiety. The language and interface is simple, it provides some useful information about what anxiety is and helpful strategies to try and tackle it. There is also a nice quick tips section for use in panicky situations. Rather than trying to avoid anxiety, you can make an important shift and face it.

SAM: Self Help for Anxiety Management

SAM is an app designed to help people manage their anxiety. Users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety. Users can create a personalized anxiety toolkit, adding in the features of the app that they find most useful for easy access. The app also has a social cloud feature that allows users to anonymously share their experiences with other SAM users.



Pacifica

Stress and anxiety can get in the way of you living your life. Pacifica gives you beautiful tools based on Cognitive Behavioral Therapy, relaxation, and wellness, to address anxiety every day. Stress and anxiety are caused by an ongoing cycle of fear. Fearful thoughts causes physical feelings which cause actions. Your heart starts racing, so you think you're in danger, so you want to escape. Pacifica attempts to break this cycle using tools that target each of its components via Cognitive Behavioral Therapy. Day-by-day, you'll learn to manage stress and anxiety at your own pace.

Optimism

Optimism is a mood charting app that helps you develop strategies for managing depression and other mental health conditions.



STOP, BREATHE & THINK

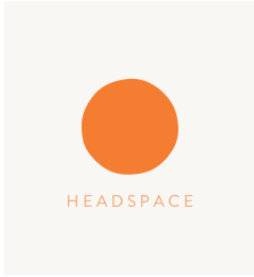
Stop, Breathe, and Think

A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.

Breathe 2 Relax

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management.





Headspace

At Headspace, we're way more than a meditation app. But it's important to us that the Headspace journey is accessible in as many ways as possible. So our mobile app makes practicing simple mindfulness techniques easy, from a variety of systems – helping fulfill our mission of a healthier, happier world, one mobile device at a time!

30/30

This task-managing app actually helps with time management. It is easy to set up, fully customizable, and sends helpful reminders to keep you on task towards your goal.



Crisis Text Line

Text START to 741741 any time about any type of crisis. A live, trained Crisis Counselor will respond quickly. The Counselor will help you move from a hot moment to a cool moment and help you create a plan to stay safe and healthy.

ReliefLink

A suicide-prevention app that includes mood tracking, reminders and safety plans. A Map Locator helps you find the nearest hospitals and mental health treatment centers. Includes personalized coping mechanisms and assistance for finding therapists and support groups.



7 Cups of Tea

7 Cups Of Tea can help you out when you just need someone to talk to, fast. The app connects you with a trained counselor (or "listener") to talk about pretty much anything. You can connect to the first available listener, or one by topic (e.g., bullying, LGBTQ, grief, anxiety, ADHD, stress)

Circle of 6

With Circle of 6, you can connect with your friends to stay close, stay safe, and prevent violence before it happens. The Circle of 6 app makes it quick and easy to reach the 6 friends you choose. Need help getting home? Need an interruption? Two touches lets your circle know where you are and how they can help.

