



RECOMMENDED APPS & WEBSITES FOR MENTAL WELLNESS



Compiled by Southwest Regional Mental Health Board ▪ Jan. 2016 ▪ HealthyMindsCT.org

App	Find It At	Price
7 Minute Workout	iPhone	Free
12 Steps AA Companion	iPhone & Android	\$2.99 iPhone / \$1.99 Android
24 Hours a Day – meditations & prayers from Hazelden	iPhone & Android	\$4.99
Afternoon Affirmations	iPhone	Free
Awareness app – questions throughout the day to focus you and provide tailored exercises	iPhone & Android	\$3.99
BellyBio – teaches deep breathing to cope with stress	iPhone	Free
Breathe2Relax	iPhone & Android	Free
buddhify: mindfulness & meditation for modern life	iPhone & Android	\$4.99
Calm	iPhone & Android	Free
CBT-I Coach for insomnia	iPhone & Android	Free
Colorfy: Coloring book for adults	iPhone & Android	Free
DBT Diary Card and Skills Coach	iPhone & Android	\$4.99
eCBT Calm	iPhone	\$0.99
Equanimity – meditation timer & tracker	iPhone	\$4.99
Happify – goals & games	iPhone	Free
Head Space – 10 minute meditation sessions	iPhone & Android	Free for first 10 days
iCounselor: Anger	iPhone	\$0.99
iCounselor: Anxiety	iPhone	\$0.99
iCounselor: Depression	iPhone	\$0.99
iCounselor: Eating Disorder	iPhone	\$0.99
iCounselor: OCD	iPhone	\$0.99
Medisafe Medication reminder, prescription & pill organizer	iPhone & Android	Free
MINDBODY – Book Fitness Classes and Beauty Services	iPhone & Android	Free
Mindfulness Meditation	iPhone & Android	\$1.99
Mindshift – helps youth deal with anxiety	iPhone & Android	Free
My Daily Journal – tool for sobriety	iPhone	\$1.99
Operation Reach Out – suicide prevention for veterans & military personnel – includes videos & links	iPhone & Android	Free
Optimism	iPhone	Free
Pigment (coloring book)	iPhone	Free (paid available)
Positive Activity Jackpot – Pleasant event scheduling linked to activities in the user's location (based on GPS)	Android	Free
Previdence –symptoms & recommendations for depression, anxiety, relationship issues, drug & alcohol	iPhone	Free
PTSD Coach – for vets & military	iPhone & Android	Free
Relax and Sleep Well with Glenn Harold – high quality hypnosis guided meditation	iPhone & Android	Free
Relax with Andrew Johnson Lite – teaches relaxation techniques to help with anxiety & sleep	iPhone & Android	Free

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App	Find It At	Price
Sand Play Therapy	Android	Free
Self-help for anxiety management	iPhone & Android	Free
Sobriety Counter	Android	Free
Stop, Breathe & Think	iPhone & Android	Free
Take a Break – 7 min. work break meditations & 13-min. stress relief meditations	iPhone & Android	Free
T2 Mood Tracker – track your moods & meds – can share with your healthcare provider	iPhone & Android	Free
The Now: Mindfulness quotes & reminders	iPhone	Free
Yoga for Insomnia	iPhone & Android	\$1.99 / \$2.99

YOUTUBE

1 minute guided meditations:

- <https://youtu.be/Ofcdv0kFVMs> (male voice, image of woods – step by step relaxation)
- <https://youtu.be/d4bTyS5nsVk> (female voice, image of water – guides you to gather up your stress)

Laughter Yoga: Many options available!

- Joyful Laugh Along Session - Robert Rivest (20 minute solo workout):
<https://www.youtube.com/watch?v=b6xpPUfFXyE>

Relaxation / insomnia:

- Explore videos for “sound therapy,” “gong therapy,” “ASMR,” “sleep meditation,” nature sounds (rain, ocean waves, thunder)—find what works for you!

WEBSITES

- Calm.com: take a meditation break now! Pick the length of session
- Donothingfor2minutes.com: just look & listen
- RainyMood.com: Soothing sounds of rain to keep you calm
- Pixelthoughts.co: 60 seconds meditation tool to help clear your mind
- Sonima.com: meditation & healing practices
- Shuti.me: 6-week online Cognitive Based Therapy for Insomnia (CBT-i) program for \$135
- Tinybuddha.com: ideas and support for personal and spiritual growth
- Mantherapy.org: For men
- Moodgym.anu.edu.au: Learn Cognitive Behavior Therapies online to cope with depression
- TurningPointCT.org: Peer information & support by & for young adults in CT

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