

Technology for Mental Wellbeing

Breathe2Relax: A simple, intuitive, and attractive mobile app designed by the National Center for Telehealth & Technology to teach breathing techniques to manage stress. The skills taught may be applied to those with anxiety disorders, stress, and PTSD.



MoodTools: A self-help app targeting depression. It provides psychoeducation about risk factors and psychosocial approaches to treatment, a depression symptom questionnaire (PHQ-9), a thought diary, a suicide safety plan, and videos such as meditation guides.

MY3: Designed to help those stay safe while having thoughts of suicide, [MY3](#) lets you customize your own personal safety plan by noting your warning signs, listing coping strategies, and connecting you to helpful resources to reach out to when you need them most. At your fingertips is a button that puts you in direct contact (24 hours a day, 7 days a week) with a trained counselor from the National Suicide Prevention Lifeline as well as a 911 alert. Additionally, you can choose three people to contact in the event you're having thoughts of suicide.



Headspace: Targeted to anyone who wants to learn meditation to reduce anxiety and stress and improve their attention and awareness. The skills taught include mindfulness and cognitive diffusion, breathing exercises, meditation practice, tips for increased relaxation, concentration; may be applied to anxiety and depressive disorders, PTSD, and OCD.

Insight Timer: offers courses on how to meditate, and an expansive free library of more than 35,000 guided meditations (including for sleep) with renowned teachers. It will also track your progress and streaks with charts.



CBT-i Coach: CBT-i Coach is for people who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia.

MindShift: Targeted to help adolescents, teens, and young adults gain insight into and basic skills to manage their symptoms of anxiety disorders, including GAD, social anxiety, specific phobias, and panic attacks. It's also useful for managing worry, performance anxiety, test anxiety, and perfectionism. The skills taught may be applied to individuals with physical, emotional, cognitive, or behavioral manifestations of anxiety, providing users with more helpful, balanced ways of thinking about feared situations



<https://adaa.org/finding-help/mobile-apps>

While we're not suggesting an app alone can save lives, they can be a good resource to go along with counseling and mental health lifelines, like the National [Suicide Prevention](#) Lifeline, 800-273-8255, and [Trevor Lifeline](#), 866-488-7386..