

Mental Wellness Apps

This list is provided by the Tri-County Board as a resource for further research and does not constitute an endorsement by the Board or its staff. The apps listed are free to download, but some may have in-app purchases to unlock key features. Apps are available on both iOS (Apple) and Android platforms unless noted. Apps may share similar titles; the publisher is given here to distinguish from similarly-named apps. Descriptions are provided by the publishers.

App Name	Publisher	Cost	Description
Breathe, Think, Do with Sesame	Sesame Street	Free	Helps you to share with your child to help teach skills such as problem solving, self-control, planning, and task persistence
Healthy Minds Program	Healthy Minds Innovations, Inc.	Free	Trains your mind through meditation and podcast-style lessons to develop skills such as to gain focus, reduce stress, and maintain positive social connections
Mindshift CBT- Anxiety Relief	Anxiety Canada Association	Free	A self- help anxiety relief app that helps reduce worry and stress by using evidenced based strategies
Smiling Mind	Smiling Mind	Free	Mindfulness for all ages to improve stress and sleep
SuperBetter	SuperBetter, LLC	Free	Resilience Training- Build resilience, achieve goals, and tackle the challenges of anxiety, depression, stress, and chronic pain
10% Happier	10% Happier	In-App Purchases	Learn how to sleep better and be more mindful
Breathe- Meditation and Sleep	OMG. I can meditate! Inc.	In-App Purchases	Mediation and wellness app that includes relatable and specific meditations, self-care, ways to sleep, and music for your mood
Calm	calm.com	In-App Purchases	Mediate, Sleep, and Relax. Practice 10 minute daily calm everyday
Happify: For Stress and Worry	Happify, Inc.	In-App Purchases	Science-based activities and games that can help you overcome negative thoughts, stress, and life's challenges
Headspace: Mindful Meditation	Headspace Inc.	In-App Purchases	Guide to practice mindfulness in your everyday life. Offers guided meditation, sleep meditation, and breathing exercises.

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I Am- Daily Affirmations	Monkey Taps	In-App Purchases	Helps rewire your brain, build self-esteem and change negative thought patterns
Insight Timer- Meditation App	Insight Network Inc.	In-App Purchases	Helps rewire your brain, build self-esteem and change negative thought patterns
Moodfit: Mental Health Fitness	Roble Ridge Software LLC	In-App Purchases	Provides a comprehensive set of tools for good mental health
Moodnotes	ThrivePort, LLC	In-App Purchases	A mood tracker and journaling app to capture your mood and help improve your thinking habits
Most Days	Most Days	In-App Purchases	iOS only. Life improvement platform to be your best self
RootD: Panic Attack Relief	Simply Rooted Media, Inc.	In-App Purchases	An app to help conquer panic attacks and anxiety by blending a guided process for both immediate and long-term relief
Sanvello: Anxiety and Depression	Sanvello Health, Inc.	In-App Purchases	A feel better toolkit including therapy, coaching, coping techniques, meditation, and goal and mood tracking
Talkspace Counseling and Therapy	Groop Internet Platform Inc.	In-App Purchases	Convenient and affordable way to improve your mental health. Get matched with a licensed therapist in your state from the comfort of your devices
The Mindfulness App	MindApps	In-App Purchases	Guided meditations from beginner to expert
What's Up? A Mental Health App	Jackson Tempra	In-App Purchases	Uses CBT and ACT methods to help cope with anxiety, depression, anger and stress