

## **Useful Mental Health Apps**

**BEACON** is a free digital program, now available to all Canadians.

[https://www.mindbeacon.com/strongerminds?gclid=EAlaIQobChMIkca1-puT6QIVB7zACh0W2QyLEAAAYASAAEgKXoPD\\_BwE](https://www.mindbeacon.com/strongerminds?gclid=EAlaIQobChMIkca1-puT6QIVB7zACh0W2QyLEAAAYASAAEgKXoPD_BwE)

### **Moodfit**

Whether you're experiencing anxiety, depression, or high levels of stress, Moodfit is designed to help you feel better.

### **MoodMission**

MoodMission recommends 'missions' based on how the user is feeling and each mission can improve mood and coping skills.

### **Sanvello**

Sanvello teaches mindfulness skills and provides mood and health tracking tools that can be used to improve mental and physical health.

### **Headspace**

Headspace was started by Andy Puddicombe, a Buddhist monk whose made it his mission to teach meditation and mindfulness to as many people as possible.

### **Depression CBT Self-Help Guide**

The Depression CBT Self-Help Guide provides education on depression and the best strategies for managing the symptoms.

### **What's Up Free (IOS and Android)**

This app uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help with a number of issues including depression, anxiety, and stress. You can track your positive and negative thought patterns and learn how to get break unproductive habits.

### **Happify Free (IOS)**

Happify focuses on your emotional health and wellbeing using games and activities developed by scientists. If you need to reduce stress, overcome negative thoughts, and build greater resilience this is the mental health app for you.

### **Breathe2Relax Free (IOS and Android)**

Breathe2Relax is a great app that provides detailed information on the effects of stress on the body. It also offers instructions and practice exercises to help you learn stress management skills including diaphragmatic breathing.

### **Calm Free (IOS and Android)**

Calm is an app for mindfulness and meditation that aims to bring more clarity and peace to your daily life. Voted the app of the year in 2017 it is great for beginners, but also includes programs for intermediate and advanced users.

### **Mood Path Free (IOS and Android)**

Mood Path is one of the leading mental health apps for depression with questions to assess your mood on a daily basis. It offers 150 psychological exercises and videos to give you a better understanding of your moods and depression and strengthen your mental health.

### **Healthy Minds Free (IOS and Android)**

Healthy Minds translates neuroscience into tools for everyday life. The framework guides users through the four pillars of the science of training the mind: Awareness, Connection, Insight and Purpose.