

Mental Health & Wellness Apps

The following apps are available to download for FREE on the App Store or Google Play.

General Mental Health Apps

Moodfit offers tools and insight that are meant to “shape up” your mood. Similar to the way you might decide to get into physical shape, this app is meant to help you get into mental shape.

Moodfit



What's Up



What's Up uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you **cope with depression, anxiety, and stress.**

Headspace

Headspace is your **guide to mindfulness for your everyday life.** Learn meditation and mindfulness skills and choose from hundreds of guided meditations on everything from **managing stress and anxiety to sleep, focus, and mind-body health**



Calm



The Calm app helps users **sleep better, boost confidence and reduce stress and anxiety,** all with the help of guided meditations, soothing music, and bedtime stories

Crisis

notOK



The app features a big, red button that can be activated to let close friends and family know help is needed.

Users can add up to 5 trusted contacts as part of their support group, so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads "Hey, I'm not OK! Please call, text, or come find me."

The SafeUT Crisis Chat and Tip Line is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program – right from your smartphone.

A 24/7 CrisisLine call center responds to all incoming chats and provide:

- supportive or crisis counseling,
- suicide prevention, and
- referral services.

SafeUT



MindShift

Anxiety



Rather than trying to avoid anxious feelings, MindShift stresses the importance of changing how you think about anxiety.

Breathe2Relax



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.

The app **now uses your Apple Watch device** to measure your heart rate throughout your breathing exercise to help provide an even more complete picture of the relaxation experienced.