

Free Mental Health Apps

Anxiety/Depression	iOS	Google Play (Android)
MindShift	https://apps.apple.com/us/app/mindshift-cbt-anxiety-relief/id634684825	https://play.google.com/store/apps/details?id=com.bstro.MindShift
PTSD Coach	https://apps.apple.com/us/app/ptsd-coach/id430646302	https://play.google.com/store/apps/details?id=is.vertical.ptsdcoach
DBT Coach	https://apps.apple.com/us/app/dbt-coach/id1452264969	https://play.google.com/store/apps/details?id=co.swasth.dbtcoach
Mood Mission	https://apps.apple.com/us/app/moodmission/id1140332763	https://play.google.com/store/apps/details?id=com.moodmission.moodmissionapp
Resilience/Mindfulness	iOS	Google Play (Android)
COVID Coach	https://apps.apple.com/us/app/covid-coach/id1504705038	https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.covid
Mindfulness Coach	https://apps.apple.com/us/app/mindfulness-coach/id804284729	https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.mindfulnesscoach
ACT Coach	https://apps.apple.com/us/app/act-coach/id804247934	https://play.google.com/store/apps/details?id=is.vertical.actcoach
Happify	https://apps.apple.com/us/app/happify-for-stress-worry/id730601963	https://play.google.com/store/apps/details?id=com.happify.happifyinc
Relaxation	iOS	Google Play (Android)
Breathe2Relax	https://apps.apple.com/us/app/breathe2relax/id425720246	https://play.google.com/store/apps/details?id=org.t2health.breathe2relax
Personal Zen	https://apps.apple.com/us/app/personal-zen/id689013447	https://play.google.com/store/apps/details?id=com.personalzen.r2
Chatbots	iOS	Google Play (Android)
Woebot	https://apps.apple.com/us/app/woebot-your-self-care-expert/id1305375832	https://play.google.com/store/apps/details?id=com.woebot
Wysa	https://apps.apple.com/us/app/wysa-mental-health-support/id1166585565	https://play.google.com/store/apps/details?id=bot.touchkin
Self-Monitoring	iOS	Google Play (Android)
T2 Mood Tracker	https://apps.apple.com/us/app/t2-mood-tracker/id428373825	https://play.google.com/store/apps/details?id=com.t2.vas
CBT Thought Diary	https://apps.apple.com/us/app/cbt-thought-diary/id1010391170	https://play.google.com/store/apps/details?id=com.moodtools.cbtassistant.app
Recovery Apps	iOS	Google Play (Android)
I Am Sober	https://apps.apple.com/us/app/apple-store/id672904239	https://play.google.com/store/apps/details?id=com.thehungrywasp.iamsobere&referrer=utm_source%3Dwebsite

Sober Grid	https://apps.apple.com/us/app/sober-grid-social-network/id912632260	https://play.google.com/store/apps/details?id=com.sobergrid&hl=en_US
Pink Cloud	https://apps.apple.com/us/app/id1178847734	https://play.google.com/store/apps/details?id=com.pinkcloud
AA Meeting Guide	https://apps.apple.com/us/app/meeting-guide/id1042822181	https://play.google.com/store/apps/details?id=org.meetingguide
SMART Recovery	Web App: https://www.smartrecovery.org/new-addiction-recovery-web-app/	
Recovery Elevator	https://apps.apple.com/us/developer/recovery-elevator/id972446276	
Daily Bread	https://apps.apple.com/us/app/our-daily-bread/id437496538	https://play.google.com/store/apps/details?id=org.rbc.oddb&hl=en_US&gl=US
Insight Timer-Meditation App	https://apps.apple.com/us/app/insight-timer-meditation-app/id337472899?form=MY01SV&OCID=MY01SV&form=MY01SV&OCID=MY01SV	https://play.google.com/store/apps/details?id=com.spotlightsix.zen-timerlite2&hl=en_US&gl=US&form=MY01SV&OCID=MY01SV