



RECOVERY

There's an app for that.

STRESS & ANXIETY



CALM

This app is designed to decrease anxiety and promote better sleep. The app focuses on four key areas, including meditation, breathing, sleep, and relaxation. It provides music, breathing programs and other ways to de-stress.

Free on Android and iPhone



HEADSPACE

This app uses mindfulness and meditation to help you build healthier relationships, reduce stress, and promote a calm feeling.

Free on Android and iPhone



PACIFICA

This app focuses on stress and anxiety and provides tools to cope with both. The app also connects you with a community of like-minded people and helps break the cycle of negative thoughts, feelings and behaviors through the use of CBT, meditation, and mood-tracking.

Free on Android and iPhone

DEPRESSION



MOODPATH

This app provides support through difficult times and asks daily questions to screen for depression symptoms. The app works to strengthen your awareness of thoughts and emotions. After two weeks, the app creates an electronic document that you can discuss with a healthcare provider.

Free on Android and iPhone

SUICIDE PREVENTION



MY3

This app asks you to identify three close contacts that you would feel comfortable reaching out to when you are feeling down or considering suicide. The app helps you create your own safety plan by asking you to identify your own warning signs, coping strategies, and support network.

Free on Android and iPhone

COUNSELING



7 CUPS

This app provides online therapy and support for anxiety and depression. The app provides trained licensed therapists who are available 24/7. These listeners and therapists can be searched for based on their experience or specialty.

Free on Android and iPhone



MEELA

This app consists of a chatbot created by mental health professionals that uses science-backed CBT and other evidence-based practices during daily conversations.

Free on Android and iPhone

ADDICTION



QUIT THAT!

This app helps individuals beat their habits or addictions. It is a recovery tool to track and monitor progress.

Free on iPhone



SAYING WHEN

This app allows you to monitor when and how much you drink. It allows you to take part in self-assessment, set personalized goals, and monitor urges.

Free on Android and iPhone

EATING DISORDERS



RECOVERY RECORD

This app can be helpful to anyone recovering from an eating disorder and wanting to develop a more positive body image. The app allows you to keep a record of the meals you eat and how they make you feel.

Free on Android and iPhone

OCD



nOCD

This app incorporates mindfulness and exposure response prevention treatment. It provides immediate support and guidance when OCD strikes and allows you to take weekly tests to assess the severity of your OCD.

Free on iPhone

PTSD



PTSD COACH

This app offers self-assessment for PTSD, opportunities to find support, and tips for positive self-talk and anger management. You can customize the app based on your own wants and needs.

Free on Android and iPhone

SCHIZOPHRENIA



UCSF PRIME

This app connects people with schizophrenia to their peers through a social network as a way of decreasing social isolation. It also lets users track their own individual goals.

Free on Android and iPhone

GENERAL MENTAL WELLNESS



SELF CHECKOUT

This app allows you to track your moods and identify triggers, resulting in an increased awareness of what makes you feel happy, sad, etc. The app also promotes self-care and lets you create a list of activities you can do daily to improve your well-being. There are also easy to access mental health resources listed within the app.

Free on iPhone



THINKLADDER

This app facilitates the evaluation of negative thoughts associated with stress, relational conflict, anxiety, and depression. Unhelpful beliefs can then be challenged and new cognitive pathways can be informed. The insight finder within the app helps to identify subconscious beliefs that perpetuate unwanted behaviors.

Free on iPhone



MINDFULNESS APP

Featuring a variety of options for different experience levels, The Mindfulness App is a tool to improve mental health and overall wellbeing.