Mobile Applications to Support Mental Health—There's an App for That!

CBT in your Hand

STOPP app: The app aims to stop the cycles of depression with giving users the option to record their feelings as they feel them and stop to think the best course of action.

Catch it: The app uses CBT to help users deal with their emotions as they experience them through three different phases, Catch it, Check it, and Change it. When the three sections are completed the mood is added to the user diary and a short recommendation is provided.

CBT Tools for Healthy Living, Self-help Mood Diary: users record bothersome or problematic events and rate the level of distress the event caused. They list the thoughts that occurred during the event, the percentage of thoughts they believe, and the irrational beliefs they had. Users then identify the positive thoughts they and write positive feedback or outcomes from the event, before rating their distress again.

Choices By the Voices Clinic: Based off *Overcoming Distressing Voices* book, this app allows user to choose between four strategies for managing voices (Voice beliefs, core beliefs, assertiveness, and coping strategies)

Mood Coach: Teaches and allows user to practice behavioral activation by scheduling positive activities that map on to selected values, tracking progress and mood, and providing education about depression, PTSD, and behavioral activation. Also utilizes the PHQ-9 to track depressive symptoms

Focus: Focuses on five major domains including medication use, coping with auditory hallucinations (voices), managing mood (e.g., depression, anxiety), sleep difficulties, and enhancing social functioning. Includes resources such a written tips, audio tools, and role play demonstrations. (Will be available to the public soon! Stay updated by visiting mh4mh.org.)

Train your Brain

BrainHQ: web-based cognitive training intended for all types of users as it targets five categories of cognition: Memory, Attention, Speed, People Skills, and Intelligence. The program contains 19 exercises that address each category and adapt to users' skill level.

Happify: for adults aimed to improve overall well-being and happiness, with influences from positive psychology, cognitive behavioral therapy and mindfulness. Each activity intends to strengthen one of the five happiness skills: savor, thankful, aspire, give, or empathize. As the user completes activities, they earn points and unlock additional activities.

MCT and more: intended to reduce emotional problems such as sadness and loneliness by using a combination of cognitive behavioral therapy and metacognitive training techniques. Taking care of our mental wellness takes practice, and this app supports users to practice activities daily to promote mastery.

Safety

My3 Support Network: User is able to define a safety network of 3 natural supports and develop a safety plan to use when experiencing suicidal thoughts. Users list coping strategies, people, and places that provide comfort during crises. Also allows users to access the National Suicide Hotline 24/7

My Mental Health Crisis Plan: Allows user to develop a psychiatric advance directive or mental health advance directive to help manage crisis situations when they arise. Developed by SMI Advisor.

Relaxation

Breathe2Relax: teaches a skill called “diaphragmatic breathing” to help users feel more relaxed. Diaphragmatic breathing, also known as “belly breathing,” is a common relaxation skill utilized in a variety of treatments for anxiety and PTSD.

Breath Ball Breathing Exercise: Guides users through 4 easy breathing techniques which have been found to help relieve stress and anxiety, soothe the symptoms of COPD, lower high blood pressure and overcome sleeplessness

Headspace: Helps reduce stress and anxiety through guided meditation, tips for better sleep and wakefulness, and mindfulness practices for cooking, cleaning, etc. Also includes a wide range of meditation practices, including those for walking, running, weight loss, and relaxation.

Additional mobile applications can be found at https://psyberguide.org/apps/