

**Self-Harm Hotline: 1-800-DONT CUT (1-800-366-8288)**

### **[Top 10 Free Mental Health Apps](#)**

If you're looking for good mental health apps, those selected here are all solid. But the really great thing about the apps on this list?

Not only are they useful for your personal mental health mobile toolkit, and for referring to clients, they're all free.

1. **[MindShift](#)**

A great tool for [anxiety](#) available on [iPhone and Android](#), developed by [Anxiety BC](#). It teaches relaxation skills, develops new thinking, and suggests healthy activities. Designed for youth but useful to anyone.

2. **[PTSD Coach](#)**

Helpful for symptoms of combat-related post-traumatic stress, this trusted military app has been downloaded over 100,000 times for [iPhone and Android](#). Featuring versions in French-Canadian and more.

3. **[BellyBio Interactive Breathing](#)**

Wonderful biofeedback device that monitors your breathing and plays sounds reminiscent of ocean waves when you relax. Great for anxiety and stress. [iPhone](#) only.

4. **[Positive Activity Jackpot](#)**

A unique augmented reality tool that uses the functionality of a smartphone in an innovative way. Combines a professional behavioral health [therapy](#) for [depression](#) called pleasant event scheduling (PES) with activities available in the user's location, mapped with GPS. For [Android](#) only.

5. **[Take a Break! Guided Meditations for Stress Relief](#)**

From the excellent developers of relaxation apps at [Meditation Oasis](#) comes this free app to quickly recharge. Listen to a seven-minute Work Break or 13-minute Stress Relief recording with or without music or nature sounds. [iPhone](#) or [Android](#).

6. **[Previdence](#)**

An assessment tool that allows users to check for symptoms of depression, anxiety, relationship issues, drug and alcohol issues, and other problems and makes recommendations for action. [iPhone](#) only.

7. **[Operation Reach Out](#)**

This lifesaving app for [iPhone](#) and [Android](#) was developed by the military to prevent suicide. Recorded videos and menu options help users assess their thinking and reach out for help in crisis.

8. **[Relax with Andrew Johnson Lite](#)**

Great guided meditation session for relaxation, helpful with anxiety and stress as well as a [sleep](#) aid. Available in [Android](#) and [iPhone](#) versions.

9. [T2 Mood Tracker](#)

Tracks symptoms of depression, anxiety, [PTSD](#), traumatic brain injury, stress and general well-being. Useful to share with clinicians and chart recovery. Another excellent app developed by the Department of Defense National Center for Telehealth and Technology (see their [complete list](#)), for [Android](#) and [iPhone](#).

10. [Relax and Sleep Well with Glenn Harold](#)

Twenty-minute guided meditation with music to help you fall asleep. Relaxing and gentle. For [iPhone](#) and [Android](#).

If you have any questions please come and see Tammy (aka Mrs. Wagner) or email her at [tammy.wagner@pvscd.ca](mailto:tammy.wagner@pvscd.ca) or text at 306-531-8878.