

Top Ten Free Mental Health Apps

ACCORDING TO PSYCHCENTRAL.COM®, A MENTAL HEALTH SOCIAL NETWORK WITH SUPPORT GROUPS RUN BY MENTAL HEALTH PROFESSIONALS FOR OVER TWENTY YEARS



1. MindShift

An app designed to help youth deal with anxiety and to stop fear from controlling their life. **Apple and Android**



2. PTSD Coach

Designed for Veterans and military Service members who may suffer from Post Traumatic Stress Disorder, provides education, self assessment, help to find support, and tools to manage stress. **Apple and Android.**



3. BellyBio Interactive Breathing

App that teaches deep breathing combined with soothing sounds to cope with stress/anxiety. **Apple**



4. Positive Activity Jackpot

“A unique augmented reality tool... Combines a professional behavioral health therapy for depression called pleasant event scheduling (PES) with activities available in the user’s location, mapped with GPS.” **Android**



5. Take a Break! Guided Meditations for Stress Relief

Options for seven-minute work break meditations or thirteen-minute stress relief meditation, this app is for breaking away to calm and center against anxiety. **Apple and 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.” **Apple**



7. Operation Reach Out

Designed by suicide prevention experts, this app is developed to prevent suicide among military personnel and veterans with videos to help assess state of mind and links to seek help. **Apple and Android**



8. Relax with Andrew Johnson Lite

An anti-stress app that teaches relaxation techniques such as guided meditation to help with anxiety and aid in sleep. **Apple and Android**



9. T2 Mood Tracker

Users can use this app to record their moods on six scales such as anxiety, depression, or general well-being. The user can track their moods over time by logging their daily feelings or documenting events such as medication changes. Very useful for updating a user’s health care professional and improving self awareness. **Apple and Android**



10. Relax and Sleep Well with Glenn Harold

A high quality hypnosis guided meditation by UK’s Glenn Harrold to help you de-stress and fall asleep. **Apple and Android**