MENTAL HEALTH APPS

BELOW IS A LIST OF APPLICATIONS THAT ADDRESS A VARIETY OF CONCERNS AND CAN BE USED TO SUPPORT THE WORK YOU DO IN COUNSELING OR ASSIST WITH SELF-IMPROVEMENT. THE APPLICATIONS ARE SORTED BY TOPIC.

Recommended browsers for app links are Firefox, IE, or Safari.

### Anxiety

**Breathe2Relax**
Breathe2Relax is a portable stress management tool for iPhone and Android devices. It's a hands-on diaphragmatic breathing exercise.

**Calm**
The Calm app for iPhone and Android devices was branded as Apple’s “App of the Year” in 2017. The app is designed to reduce anxiety, improve sleep, and help you to feel happier.

**SAM**
SAM (Self-Help for Anxiety Management), an iPhone and Android app, offers options for tracking anxiety, identifying anxiety triggers, teaching breathing and relaxation strategies, and developing an anxiety management toolkit.

### Depression

**Depression CBT Self-Help Guide**
This Android app contains a depression severity test, audios, articles, a cognitive diary, and a motivational points system that help you learn how to do this.

**Cognitive Diary CBT**
The self help methods used in this Android app are based on the tools of cognitive behavioral therapy (CBT) and challenge irrational thinking.

### Mindfulness & Relaxation

**Headspace**
Headspace, for iPhone and Android devices, is meditation made relevant to modern life. Get unique daily guided meditations, science facts and figures and progress reports, all designed to make it as easy as possible for you to get some calm and clarity.

**Nature Sounds Relax and Sleep**
This Android app lets you choose from a list of 6 different good quality nature relaxing sounds (sounds of nature) which include thunder, ocean sounds, sea, birds sounds, rain, night in jungle, water sounds, waterfall, nature and start your personal audio therapy.

### Mental Health Tools

**T2 Mood Tracker**
T2 Mood Tracker is an iPhone and Android app that allows you to monitor and track emotional health. The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and general well-being. You can create items to track your progress and results are displayed in an easy-to-understand graph.

For additional information related to Counseling Services, please follow the link below.

https://www.mga.edu/counseling-services/index.php