

Helpful APPs

Free unless otherwise marked.

Depression and Anxiety:

1. *Pacifica*: [Pacifica](#) (iPhone and Android, \$3.99 a month after a seven-day free trial) is a suite of activities designed to reduce anxiety and depression. It allows you to rate and track your mood, to voice-record your negative reactions to events and to respond to questions to help you reframe those events so they bother you less. Pacifica offers relaxation techniques such as [mindfulness](#), [meditation](#), and deep breathing. Plus, it lets you set and track daily [health goals](#) for reducers of anxiety and depression such as exercise, [sleep](#), and relationships.
2. *MoodTools*: (iPhone and Android) MoodTools provides six evidence based tools to aid against clinical depression and negative moods on a large scale.

Meditation:

1. *Headspace*: (iPhone and Android, free to start but will be prompted to choose a subscription after 10 sessions) Guided meditation app.
2. *Relax Melodies*: (iPhone and Android) Guided meditation app. User can also create and mix their own meditation soundtracks with a variety of sounds (nature, singing bowls, etc).

Anxiety:

1. *Breath2Relax*: (iPhone and Android) Breathe2Relax is an app developed for stress management. It walks users through breathing exercises that help to reduce stress, stabilize mood, control anger, and manage anxiety. The app's developers note that it can be used on its own to help reduce stress or in combination with other therapies.
2. *What's Up?*: (iPhone and Android) This app has loads of features to help you do just that. When you feel negative thoughts taking over, this app has methods to help overcome them. Grounding techniques are also part of the app.

3. *Moods*: (iPhone) This app provides a simple way to log current mood and activities while noting any accompanying thoughts to potentially notice patterns.
4. *Daylio*: (iPhone) This app provides a simple way to log current mood and activities while noting any accompanying thoughts to potentially notice patterns.
5. *Panic Relief* (iPhone and Android): Targeting panic attack symptoms, this app helps clients track when and how they experience panic attacks.

Teens/Young Adults:

- *Mindshift* (iPhone and Android) is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.