



## MENTAL HEALTH APPS AND ON-LINE RESOURCES

**Please note:** The following resources are not intended to be a substitute for professional help or to provide a diagnosis. Please refer to the confidentiality and privacy policies of each of the resources that you choose to access. The apps can be found either on Google Play (for Android devices) or the App Store (for Apple products).

### General Mental Health Resources

- ❖ **www.Bigwhitewall.com:** Big White Wall is a free, online mental health and well-being service that helps people who are dealing with everyday stressors or major life events. Available 24/7/365, the service supports people to express their thoughts and feelings in a secure and anonymous space supported by clinically trained 'Wall Guides', self-guided courses and self-improvement tools and resources.
- ❖ **Mental Health & Addiction Services of Ottawa:** Starting March 31st, 2020 at 12:00 pm, the regular weekly Mindfulness Drop-In Group is being held on-line. Follow this link at the time of the meeting <https://zoom.us/j/2443957213>. The current meeting schedule is as follows: Tuesdays at 12:00 pm, starting March 31st 2020. If you have difficulties joining the meetings, or any have questions or concerns, please call 613-225-7272.
- ❖ **Smart Recovery Addiction Support Groups** to be held on-line: The current meeting schedule is as follows: Wednesdays at 7:30 pm, Saturdays at 10:00 am Family and Friends meeting Saturdays at 3:00 pm. To join the meetings, follow this link at the meeting time: <https://smartrecovery.zoom.us/my/mhasosmart>. If you have difficulties joining the meetings, or have any questions or concerns, please email [info@mhaso.ca](mailto:info@mhaso.ca) or call 613-225-7272.
- ❖ **www.theroyal.ca/patient-care-information/about-mental-health/mental-health-resources:** This is a collection of mental health resources from The Royal as well as other mental health organizations and research institutes. There are many types of resources including videos, worksheets, quizzes, exercises, and mobile apps. The resources are targeted towards individuals with a desire to improve their mental health and overall wellbeing, caregivers, and anyone who is seeking better understanding of mental health and wellness.
- ❖ **What's Up? – A Mental Health App (free on Apple):** Utilizes Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) methods to help cope with **Depression, Anger, Stress, worry and more**. Numerous coping strategies including breathing and grounding exercises and more.

- ❖ **www.cci.health.wa.gov.au/**: This Centre for Clinical Interventions (CCI), Government of Western Australia website has produced CBT-based resources for consumers and healthcare professionals to assist in providing interventions for mental health problems such as **depression, bipolar, social anxiety, panic, self-esteem, procrastination, perfectionism, generalized anxiety, sleep, self-compassion, and disordered eating.**
- ❖ **www.Getselfhelp.co.uk**: This site provides numerous handouts, videos, booklets, downloads, information sheets and links to help with numerous mental health problems. The self-help resources utilize methods such as CBT, ACT, Mindfulness and DBT Dialectical Behavioural Therapy.
- ❖ **www.dcontario.org/ontx.html - Ontario's Online and Text Crisis and Distress Service**: Chat is available on your computer, or mobile device from 2 pm to 2 am daily. Text is available from your mobile phone from 2pm to 2am daily and is accessed by dialing **741741**. You will need to complete a pre-chat survey and agree to terms and conditions of service.

## Anxiety

- ❖ **MindShift CBT- Anxiety Canada (free)**: This app is targeted to help adolescents, young adults and children deal with symptoms of anxiety disorders, including GAD, social anxiety, specific phobias, and panic attacks, performance anxiety, test anxiety, and perfectionism. The skills taught may be applied to individuals with physical, emotional, cognitive, or behavioral symptoms of anxiety, providing users with more helpful, balanced ways of thinking about feared situations.
- ❖ **Self-help for Anxiety Management (free)**: This app offers a range of self-help methods for learning how to manage anxiety. Has useful information and exercises.
- ❖ **HealthyMinds (free)**: This app, developed by the Royal Ottawa Mental Health Centre, teaches students healthy thinking and problem solving skills to help them deal with emotions and cope with stress.
- ❖ **Be Game Ready (free)**: This app offers tools and techniques to help young hockey players manage stress, understand their emotions and problem solve. Includes tools for players, coaches and parents.
- ❖ **Rootd (free)**: This app contains panic button lessons, a breathing tool and exercises for panic attack relief.

- ❖ **AnxietyCanada.com** : This site offers tools, resources and self-help information for children, youth, and adults.

## Depression

- ❖ **Happify**: This app provides mindfulness tracks, as well as positive psychology tracks for users to listen to. Additionally, it posts positive news stories, uplifting quotes, and allows users to share and connect to community posts. It features a mix of free and “premium” content.
- ❖ **Innerhour – Live Happier (Free)**: – This app creates a 28 day plan for you and teaches new skills and works on goal setting. Six possible areas of focus are available: happiness, anger, anxiety, stress, depression and sleep.
- ❖ **MoodTools – Depression Aid (free)**: This app contains several tools to help combat depression, including: a thought diary, activities, safety plan, information, a mood test and videos.
- ❖ **www.moodgym.anu.edu.au**: This website offers an interactive self-help book which helps you to learn and practice skills aimed at relapse prevention and symptom management for depression and anxiety.
- ❖ **www.sfu.ca/carmha/toolsandresources**: This Simon Fraser University, Centre for Applied Research in Mental Health & Addiction website has various depression skills workbooks available for download: for teens, adults, and woman during and after pregnancy.

## Anger Management

- ❖ **AIMS for Anger Management (free)**: An app based on anger and irritability management skills which provides education, anger tracking and tools to help you manage angry reactions. It was designed for veterans and military members but is useful to others as well.
- ❖ **Breathe2Relax**: This app provides guidance on diaphragmatic breathing through audio and video prompts.
- ❖ **Getselfhelp.co.uk**: This site provides various handouts, exercises, and informations sheets regarding anger issues.

## Addictions

- ❖ **I am Sober (free):** This app allows you to track your sober days, build new habits and provides motivation.
- ❖ **Sober Time (free):** This app works to help you stay motivated and to set realistic goals.
- ❖ **LetGOH – Addiction Recovery (free):** This app fits well with the 12 step recovery model and provides tools and meditations. It is suitable for people with addictions to alcohol, drugs, gambling, sex, food and codependency.
- ❖ **www.Smartrecovery.org:** This on-line site has a SMART Recovery Toolbox section which provides a variety of methods, worksheets, and exercises to help you self-manage your addiction recovery and your life. This collection of tools is based on developing cognitive thinking skills to support you through addiction recovery.

## DBT Skills

- ❖ **DBT Diary Card and Skills Coach (\$6.99):** This app was designed and created by a licensed and DBT intensively trained psychologist. It includes daily reminders for diary completion, lists available skills and behavioral tracking.
- ❖ **DBT Distress Tolerance Tools (\$8.49):** This app lists skills for emotional regulation and distress tolerance.
- ❖ **www.getselfhelp.co.uk:** This site provides numerous handouts, videos, booklets, downloads, informations sheets.
- ❖ **www.cci.health.wa.gov.au/resources/looking-after-yourself:** This web site includes a free skills workbook and information sheets aimed at helping people deal more effectively with their emotions and to become more competent in their interpersonal interactions.

## Disordered Eating and Body Image

- ❖ **Recovery Record Eating: Disorders Management (free):** This app is designed to be a smart companion for managing your recovery from a variety of eating disorders. It allows you to keep a record of meals, thoughts, and feelings, customize meal plans, coping tactics, and work on recovery goals.
- ❖ **Rise Up + Recover: Eating Disorder Help (free):** The app is based on self-monitoring homework. It enables you to log your meals, emotions, and behaviors,

set custom reminders to keep you inspired and moving forward, and export PDF summaries of your meal log and check-ins which you can share with your treatment team.

- ❖ **www.nedic.ca:** This National Eating Disorder Information Centre website provides information, resources, referrals and support to Canadians affected by eating disorders.
- ❖ **www.cci.health.wa.gov.au/ :** The Centre for Clinical Interventions (CCI) has produced CBT-based information sheets and workbooks on disordered eating.

## Relaxation, Mindfulness and/or Sleep Issues

- ❖ **Aura: Mindfulness, Sleep & Calming (free):** This app provides the user with daily micro-meditations that last only three minutes apiece. Aura allows users the option to keep a gratitude journal, track moods throughout the day, and listen to the sounds of nature. It even makes meditation into a game, as it allows you to level up as you learn and participate in daily challenges.
- ❖ **Breathe2Relax (free):** This app provides guidance on diaphragmatic breathing through audio and video prompts.
- ❖ **Breeth – Meditation, Sleep, Calm & Mindfulness (free):** This app is fully customizable and provides users supportive tools and guidance to help them stay on track with their meditation practices throughout the day. It offers five-minute meditations, along with tips for overcoming pressure, feeling love, and living with intention and inner peace.
- ❖ **Buddhify – Mindfulness meditation on the go (\$3.99):** With this app, meditation sessions are organized by theme according to where you are in your day. It is widely known to be one of the best apps for anxiety, and is personalized depending on what you're up to, from waking up, commuting or taking a quick break at work to dealing with stress or having trouble falling asleep. It comes with over 80 custom meditations for you to explore that have been created by experts in the field.
- ❖ **App: Calm and website: www.calm.com:** This free mental health app and website has guided meditation sessions available in lengths of 3, 5, 10, 15, 20 or 25 minutes. It also provides Sleep Stories, breathing programs, calming imagery, and relaxing music. Specific mindfulness tracks can be accessed for an additional fee, including mindfulness practices focused on sleep, motivation, anxiety reduction, and more.
- ❖ **CBT-i Coach (free):** This app is for people who are in CBT for Insomnia treatment with a health provider or who have experienced symptoms of insomnia

and would like to improve their sleep habits. It guides users through the process of learning about sleep, developing positive sleep routines, and improving sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia.

- ❖ **Color Zen (free):** This app offers a new kind of puzzle game for phones and tablets that uses sensory stimulation of colors to help relax and calm your mind.
- ❖ **App: Headspace (free for 1 week then \$12.99/month) and website: [www.headspace.com](http://www.headspace.com):** This provides the user with spoken-word exercises that are designed to be used for around 10 minutes a day, beginning with a 10-session pack that comes free with the initial download. It includes short meditations for people who are on the go and even SOS meditations that are useful during times of crisis.
- ❖ **Insight Timer (free):** This app features over 4,000 guided meditations from over 1,000 teachers, on topics such as self-compassion, nature, and stress, in addition to talks and podcasts. If you prefer a quieter meditation, you can always set a timer and meditate to intermittent bells or calming ambient noise.
- ❖ **Mindfulness Coach (free):** This app was developed to help US Veterans, Service members, and others learn how to practice mindfulness. It offers 12 audio exercises, a self-guided training program and resources to support practice.
- ❖ **Simply Being Guided Meditation (\$2.59):** This app features voice-guided meditations as well as relaxing nature sounds. You can decide how much time you want to dedicate to your meditation session, from 5 to 30 minutes, and choose to listen to music, nature sounds, or silence.
- ❖ **Stop, Breathe, & Think: Meditation & Mindfulness (free):** This app has users do a check in about how they're doing physically, mentally and emotionally and includes 15 guided mindfulness exercises. You can download additional exercises for a minimal cost. This app can be connected to an Alexa device to allow you to get reminders and help you meditate while you are away from your phone.
- ❖ **The Mindfulness App: relax, calm, focus and sleep (free):** This app offers daily guided mindfulness meditation sessions for better sleep, relax and focus. It includes a five-day guided introduction course to mindfulness; guided and silent meditations from 3-30 minutes; customizable meditation with guided introduction, bells and nature sounds; meditation reminders and notices to help you to stay mindful; as well as statistics to keep track of your meditation.
- ❖ **UCLA Mindful (free):** The UCLA Mindful Awareness Research Centre has developed this app that offers basic meditations for getting started, wellness meditations for people suffering from challenging health conditions and

informative videos exploring how to get started, supportive meditation postures and the science of mindfulness. It includes weekly podcasts and a timer to meditate on your own.

## **Pain Management**

- ❖ **FibroMapp Pain Manager + (\$3.39):** This is a comprehensive 12-in-1 pain management app for tracking and management of chronic pain. It helps people gain more knowledge and control over their condition. It is suitable for people with fibromyalgia, lupus, MS, arthritis, back pain, muscle, joint & nerve pain and all complex pain conditions. FibroMapp also includes a Medication Tracker and a Sleep Tracker that records sleep and waking times featuring them on a chart.
- ❖ **Pain Tracker & Diary (\$4.00):** This Android app was designed by an MD pain specialist and PhD pharmacologist to help users with chronic pain create a comprehensive picture-diary of the different types of pain felt throughout the day. By keeping such a detailed diary, users can see and better understand what they have been feeling and if the treatments being tried are helping them.
- ❖ **Manage My Pain App (free Lite version; Pro version costs \$5.49):** This Android app lets people with fibromyalgia, migraines, arthritis, and other conditions track their pain using a simple and customizable user interface, get insight into their condition through statistics, charts, graphs, and calendar views, and sync with the cloud to keep their records and all their devices up to date.
- ❖ **My Pain Diary App (\$5.41):** This fully customizable Android app is for tracking not only pain but also symptoms of over 60 chronic health conditions. It includes weather information to help users learn how much humidity, barometric pressure, temperature, precipitation affect their pain and condition. It allows users to compare multiple conditions and metrics on a single, interactive graph, and to share all important information with their doctor.

## **PTSD (Post-Traumatic Stress Disorder) and Trauma**

- ❖ **PTSD Coach (free):** This app is targeted to help individuals suffering from PTSD, as well as those interested in learning more about this disorder. The skills taught may be applied to individuals with mild to moderate versions of PTSD and for whom self-guided assessment and treatment might be sufficient. This has been developed with the U.S. Department of Veterans Affairs. PTSD Coach Canada has been developed for Canadian veterans. A French language version is available.

- ❖ **PTSD Family Coach (free):** This app has been developed by the US Department of Veterans Affairs for family members of those living with PTSD. It provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one to get the treatment they deserve.
- ❖ **[www.ptsd.va.gov/index.asp](http://www.ptsd.va.gov/index.asp):** This website offers a wealth of information for individuals experiencing PTSD as well as their family members. It includes videos and other educational and treatment resources.

## **Suicide Prevention**

- ❖ **App: The Lifeline and website: [www.thelifelinecanada.ca](http://www.thelifelinecanada.ca):** This is a National free Suicide Prevention and Awareness website which offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. It also provides awareness, education and prevention strategies to guide people in crisis as well as lists of Mental Health apps on suicide prevention, anxiety & depression, sleep, meditation and guided relaxation, mood tracking, and so on.

## **Organization and Productivity**

- ❖ **Evernote (free):** This app is great for note taking, creating to do lists, making audio recording reminders and organizing your notes using tags and folders.
- ❖ **NewDay - Procrastinate no more (free):** The goals of this Android app are two-fold: to provide a tool to fight procrastination and start working on a task and to make task execution more mindful by using the Pomodoro technique and making goal setting a part of work flow.
- ❖ **[www.flylady.net](http://www.flylady.net):** This website offers “baby steps” to help motivate you to get your household clutter under control.

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