



Mental Health Apps *available to you!*

As COVID 19 continues to be front and center in our daily lives, it is important to have resources to combat the stress and anxiety that may come along with it. In addition to Behavioral Health Specialists (*counselors, therapists, psychologists, psychiatrists, etc*) offering telehealth visits to meet your needs, there are a number of Apps that can also be helpful. **Research has shown that Apps have significant potential to deliver and enhance mental health treatment.** While there are a few that offer direct treatment, most are available to supplement work that is being done with a trained Behavioral Health Specialist. If you have any additional questions about Behavioral Health Apps or connecting with a Behavioral Health Specialist, please contact your Palmetto Primary Care Physicians provider.



Smiling Mind

- Free Mindfulness app
- Developed by psychologists and educators
- Different programs for adult, youth, classroom, workplace, etc



Aura

- Mindfulness techniques
- Life coaching
- Music



Simple Habit

- Mindfulness exercises
- 5-minute meditations
- Motivational talks



Guided Mind

- 40+ free meditations in various lengths
- Short (-5 minutes), Medium (-15 minutes), Long (+30 minutes)
- 14 free nature soundscapes
- For beginners and experienced mediators



Woebot

- Developed by psychologists
- DIY Cognitive Behavioral Therapy (CBT)
- Coaching



Clear Fear

- Cognitive Behavioral Therapy (CBT) app for addressing fears
- Designed to aid in treatment but not replace treatment



Mindshift

- Specifically designed for teens and young adults
- To help with anxiety, worry, panic test anxiety, social anxiety and perfectionism
- Relaxation exercises



Calm Harm

- Provides tasks to help resist or manage the urge to self-harm
- Developed by a clinical psychologist using principles of Dialectical Behavioral Therapy (DBT)



Gratitude

- Gratitude journal
- Daily motivation & inspiration quotes



Presently

- Gratitude journal
- Find motivation through quotes and prompts



Stop, Breathe, Think

- Mindful breathing
- Version for kids
- Version for adults and teens



Breathe

- Free guided breathing app
- Provides a simple peaceful focal point to steady your breathing



Belly Biofeedback

- For advance belly breathers only
- Several interactive musical themes



Colorbox

- App for coloring to help with distraction and relaxation
- Large selection of pictures to choose from and can share to Facebook and Instagram



Antistress

- Games for distraction and relaxation
- 50 different toys/games to choose from



Insight Timer
Mediation

- Free app for sleep, anxiety and stress
- Library with various topics: talks, music, relaxation



- Mood tracker/log for various issues including:
 - Depression
 - Anxiety
 - PTSD
 - Head injury



Daylio

- Mood tracker
- Helps to discover hidden patterns and create some helpful useful habits

more apps on the next page -->



PTSD Coach

- Networking
- Mood tracker
- Education and information



Sandbox

- Connects military with family and other resources
- Send letters to military friends/family
- Stay informed on training challenges, weekly progress and post-graduation military life



The Mighty

- Largest digital health community
- Connecting with other like-minded individuals about health, hobbies and interests



The Rainbow Feeling Bear

- For kids Pre-K to 5 yo
- Learning about emotions



Pocket Parent.

- Provides guidance for parents on multitude of issues
- Provides tips and advice



Breathe, Think Do

- For kids ages 2-5 years old
- To help with problem solving, self-control, planning and task persistence



Mindful Powers

- Mindfulness for children
- Helps to build social-emotional learning through play



Feel Electric

- Helps kid to identify and manage feelings
- Helps with cognitive development and communication skills



Triangle of Life

- Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) for ages 4 and up
- Designed to assist therapists (not to be used alone)

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