



## RECOMMENDED APPS & WEBSITES FOR MENTAL WELLNESS

Compiled by Southwest Regional Mental Health Board ▪ Jan. 2016 ▪ [HealthyMindsCT.org](http://HealthyMindsCT.org)

App	Find It At	Price
<b>7 Minute Workout</b>	iPhone	Free
<b>12 Steps AA Companion</b>	iPhone & Android	\$2.99 iPhone / \$1.99 Android
<b>24 Hours a Day – meditations &amp; prayers from Hazelden</b>	iPhone & Android	\$4.99
<b>Afternoon Affirmations</b>	iPhone	Free
<b>Awareness app – questions throughout the day to focus you and provide tailored exercises</b>	iPhone & Android	\$3.99
<b>BellyBio – teaches deep breathing to cope with stress</b>	iPhone	Free
<b>Breathe2Relax</b>	iPhone & Android	Free
<b>buddhify: mindfulness &amp; meditation for modern life</b>	iPhone & Android	\$4.99
<b>Calm</b>	iPhone & Android	Free
<b>CBT-I Coach for insomnia</b>	iPhone & Android	Free
<b>Colorfy: Coloring book for adults</b>	iPhone & Android	Free
<b>DBT Diary Card and Skills Coach</b>	iPhone & Android	\$4.99
<b>eCBT Calm</b>	iPhone	\$0.99
<b>Equanimity – meditation timer &amp; tracker</b>	iPhone	\$4.99
<b>Happify – goals &amp; games</b>	iPhone	Free
<b>Head Space – 10 minute meditation sessions</b>	iPhone & Android	Free for first 10 days
<b>iCounselor: Anger</b>	iPhone	\$0.99
<b>iCounselor: Anxiety</b>	iPhone	\$0.99
<b>iCounselor: Depression</b>	iPhone	\$0.99
<b>iCounselor: Eating Disorder</b>	iPhone	\$0.99
<b>iCounselor: OCD</b>	iPhone	\$0.99
<b>Medisafe Medication reminder, prescription &amp; pill organizer</b>	iPhone & Android	Free
<b>MINDBODY – Book Fitness Classes and Beauty Services</b>	iPhone & Android	Free
<b>Mindfulness Meditation</b>	iPhone & Android	\$1.99
<b>Mindshift – helps youth deal with anxiety</b>	iPhone & Android	Free
<b>My Daily Journal – tool for sobriety</b>	iPhone	\$1.99
<b>Operation Reach Out – suicide prevention for veterans &amp; military personnel – includes videos &amp; links</b>	iPhone & Android	Free
<b>Optimism</b>	iPhone	Free
<b>Pigment (coloring book)</b>	iPhone	Free (paid available)
<b>Positive Activity Jackpot – Pleasant event scheduling linked to activities in the user’s location (based on GPS)</b>	Android	Free
<b>Previdence –symptoms &amp; recommendations for depression, anxiety, relationship issues, drug &amp; alcohol</b>	iPhone	Free
<b>PTSD Coach – for vets &amp; military</b>	iPhone & Android	Free
<b>Relax and Sleep Well with Glenn Harold – high quality hypnosis guided meditation</b>	iPhone & Android	Free
<b>Relax with Andrew Johnson Lite – teaches relaxation techniques to help with anxiety &amp; sleep</b>	iPhone & Android	Free

Listing compiled by Southwest Regional Mental Health Board, [www.HealthyMindsCT.org](http://www.HealthyMindsCT.org). See other side.

App	Find It At	Price
Sand Play Therapy	Android	Free
Self-help for anxiety management	iPhone & Android	Free
Sobriety Counter	Android	Free
Stop, Breathe & Think	iPhone & Android	Free
Take a Break – 7 min. work break meditations & 13-min. stress relief meditations	iPhone & Android	Free
T2 Mood Tracker – track your moods & meds – can share with your healthcare provider	iPhone & Android	Free
The Now: Mindfulness quotes & reminders	iPhone	Free
Yoga for Insomnia	iPhone & Android	\$1.99 / \$2.99

## YOUTUBE

1 minute guided meditations:

- <https://youtu.be/Ofcdv0kFVMs> (male voice, image of woods – step by step relaxation)
- <https://youtu.be/d4bTyS5nsVk> (female voice, image of water – guides you to gather up your stress)

Laughter Yoga: Many options available!

- Joyful Laugh Along Session - Robert Rivest (20 minute solo workout):  
<https://www.youtube.com/watch?v=b6xpPUfFxyE>

Relaxation / insomnia:

- Explore videos for “sound therapy,” “gong therapy,” “ASMR,” “sleep meditation,” nature sounds (rain, ocean waves, thunder)—find what works for you!

## WEBSITES

- Calm.com: take a meditation break now! Pick the length of session
- Donothingfor2minutes.com: just look & listen
- RainyMood.com: Soothing sounds of rain to keep you calm
- Pixelthoughts.co: 60 seconds meditation tool to help clear your mind
- Sonima.com: meditation & healing practices
- Shutime.me: 6-week online Cognitive Based Therapy for Insomnia (CBT-i) program for \$135
- Tinybuddha.com: ideas and support for personal and spiritual growth
- Mantherapy.org: For men
- Moodgym.anu.edu.au: Learn Cognitive Behavior Therapies online to cope with depression
- TurningPointCT.org: Peer information & support by & for young adults in CT