

# Mental Health Apps

Compiled as a resource for VMAP Project ECHO participants  
 Updated 3.22.2020 | email [projectecho@vmapforkids.org](mailto:projectecho@vmapforkids.org) with updates



## Suicide Prevention:

App Name	Description	Age-range/Cost/Platform
My3	Features a contact list to call in case of emergencies. The list includes three of the user's trusted contacts, 911 and the National Suicide Hotline. Includes a safety plan which lists coping strategies and distractions.	Free Android, IOS
A Friend Asks	Provides users with a list of common warning signs of suicide ideation, do's and don'ts for such a sensitive situation and easy access to resources such as the National Suicide Prevention Lifeline.	Free Android, IOS
Ask & Prevent Suicide	Lists suicide warning signs, as well as practical advice on how to intervene using the ASK (Ask, Seek help/Stay safe, and Know how and where to refer) methodology. Additional resources include a quick dial function for the National Suicide Prevention Lifeline, sections for Veteran's and LGBTQ resources.	Free Android, IOS Texas-based resources included
HELP	HELP Prevent Suicide opens with the National Suicide Prevention Lifeline contact number on the home screen. Provides guidelines for how to help and ask a friend about potentially suicidal thoughts. Additional resources included.	Free Android, IOS Oklahoma-based resources included
Operation Reach Out	Aimed at veterans and military families. Comes with numerous video vignettes offering suicide counseling, guidance for reaching out to a potentially suicidal loved one and a help center with suicide hotlines and other resources.	Free IOS

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## Mood & Anxiety:

App Name	Age Group	Targets	Cost
<b>Intervention Apps</b>			
Breathe, Think, Do with Sesame	2-5	Teaches skills such as problem solving, self-control, planning, and task persistence.	Free IOS, Android
Chill Outz	4-10	Animated stories teaching children proven techniques to stay mindful & relaxed anywhere, anytime.	\$4.99 IOS
Calm	Ages 9+ (kids pack unlocks for 5 – 8)	Meditation, relaxation “I like the 7 days of calm series and I really like...what I call the breathe bubble which is under “more” and then click “breathing exercise”. I use this when teaching diaphragmatic breathing. ...Any age can use the breathe bubble.”	Free to try; offers monthly/yearly/lifetime subscription options to unlock all features and meditations; educator option available IOS, Android
Dreamy Kid	Ages 4+	Meditation, guided visualization, and affirmations.	Free IOS, android
Headspace & Headspace for Kids	Ages 9+ (kids pack unlocks for 5 and under)	Guided Meditation	Free to try; upgrade subscription options available. Free. IOS, Android
Smiling Mind	7-18	Mindfulness meditation techniques, targeted at different ages including one for ages 7-9 which is designed for young children who are learning new social skills, new ideas and who they are as they learn independence from parents and family. The program for ages 13-15 is designed to support teenagers as they transition to high school and make new friends.	Free IOS
Stop, Breathe & Think Kids	5-10	Animations, Movement activities for breathing, meditation, emotional regulation	Free IOS
CBT Tools for Youth	8-18	Teaches CBT strategies for understanding and responding to thoughts and emotional	Price: \$2.99 (iOS) iPhone

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App Name	Age Group	Targets	Cost
		guiding behaviors. Includes the following features: Emotion Tracker, Emotion Graph and History Log, Relaxation Skills, Thinking Skills, Positive Actions, and Email My Therapist (send data from the app to your therapist or school counselor)	
My3 – Support Network My3 Suicide Prevention App	Teens	My3 is a crisis support app for people who have suicidal thoughts. The app features a contact list to call in case of emergencies. The list includes three of the user’s trusted contacts, 911 and the National Suicide Hotline. My3 also includes a safety plan which lists coping strategies and distractions. It’s one of the best apps that help teens with mental health struggles that include suicidal ideation.	Free IOS, Android
Sanvello (formerly Pacifica)	Teens, Adults	CBT strategies, tools mindfulness, meditation, relaxation and mood/health tracking.	The basic version is free and the paid version is \$8.95 a month, \$55 a year, or \$199 lifetime.
<b>Mood, Symptom Trackers</b>			
MoodTrack Diary	Teens, Adults	Users to rate and record their moods several times throughout the day, and it gives users a central place to write down relevant or significant daily events and medication use	Free
MindShift CBT Anxiety Canada	Teens, Adults	This app offers strategies to overcome everyday anxiety and specific tools to use when facing panic, worry, and conflict. Also tracks moods, data.	Free
T2 Mood Tracker	Teens, Adults	This app is designed to help users track 6 categories of moods: depression, anxiety, overall wellbeing, TBI, stress, and PTSD.	Free
eMoods Bipolar Mood Tracker	Teens, Adults	Users rate their mood, irritability, and anxiety on a four-point scale, ranging from “none” to “severe.” Users are also asked to record whether or not they are experiencing psychotic symptoms. Behavioral data is also recorded, which includes the amount of sleep the user got the night before, if the	Free

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App Name	Age Group	Targets	Cost
		user has been in therapy recently, and the user's current medications.	
<b>Sleep Trackers</b>			
Sleep Cycle	Teens, Adults	This sleep tracking app records sleep quality plus the average time you are spending in your bed. It gives you a detailed analysis of your hours — When are you in deep asleep? When is your lightest sleep phase? When are you waking up on an average? It collates the data and further pins down your weekly and monthly sleep patterns	Free

See also (for more information): Caldeira, C., Chen, Y., Chan, L., Pham, V., Chen, Y., & Zheng, K. (2018). Mobile apps for mood tracking: an analysis of features and user reviews. AMIA ... Annual Symposium proceedings. AMIA Symposium, 2017, 495–504.

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