



Office of Student Life | Counseling Services  
John L. & Christine Warner Library & Student Center, Suite 226  
1179 University Drive, Newark, OH 43055  
740-364-9578 Office | 740-364-9646 Fax

## Mental Health Apps

Below are some common apps to help with anxiety, depression, suicide prevention, and addiction and recovery.

*Please note that these apps are provided for informational purposes only and are not “approved” or “endorsed” by The Ohio State University or Central Ohio Technical College.*

- **Anxiety**
  - **Breathe2Relax** | Free | [iOS Download](#)
    - Breathe2Relax offers a simple stress management app designed by the National Center for Telehealth & Technology to teach breathing techniques to manage stress. The skills taught may be applied to those with anxiety disorders, stress, and PTSD.
  - **Calm** | Free - In App Purchases | [iOS Download](#) | [Android Download](#)
    - Calm provides several tools about mindfulness and guided meditations. Calm also offers techniques to help users improve their sleep as well as relaxing music. The app is for anyone who is either a beginner with mindfulness or is a pro at practicing mindfulness.
  - **COVID Coach** | Free | [iOS Download](#) | [Android Download](#)
    - The COVID Coach app was created for everyone, including Veterans and Service members, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. The app offers tools for self-care and improving well-being, utilizes trackers for mental health and personal goals, and has tools for learning stress management skills.
    - [30 Days of Self-Care with COVID Coach Flyer](#)
    - Learn more about the [COVID Coach app at the National Center for PTSD website](#).
  - **Headspace** | Free for first 10 sessions | [iOS Download](#) | [Android Download](#)
    - Headspace is an app that teaches users how to meditate. Meditation has been shown to help people stress less, focus more and sleep better. Headspace is

meditation made simple, teaching life-changing mindfulness skills in just a few minutes a day.

- **Mindfulness Coach** | Free | [iOS Download](#) | [Android Download](#)
  - Mindfulness Coach is a free and publicly available mobile app for people who are interested in learning more about and practicing mindfulness. Mindfulness means paying attention, on purpose, to the present moment, without judgement. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.
  - Learn more about the [Mindfulness Coach App through the National Center for PTSD website](#).
- **Panic Relief** | Free – Upgrade version, \$0.99 | [iOS Download](#) | [Android Download](#)
  - Created by a Danish psychiatrist, Dr. Marianne Geoffroy, Panic Relief can be used by anyone struggling with anxiety, stress, or panic attacks. The app teaches empirically supported coping tools to better manage and move through panic attacks.
- **Relax Melodies** Free [iOS Download](#) [Android Download](#)
  - Relax Melodies was designed collaboratively with sleep experts. The app offers several strategies if you struggle with anxiety at nighttime or sleeping in general. Relax Melodies has tools such as nature sounds, white noise, guided meditations, bedtime stories, brainwaves, body-mind exercises and breathing techniques.
- **Self-Help for Anxiety Management (SAM)** | Free | [iOS Download](#) | [Android Download](#)
  - If meditation is not your thing, then the SAM app offers its users to develop a personalized anxiety toolkit. Users can create their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviors. There are also many self-help strategies to manage anxiety.
- **What's Up** | Free | [iOS Download](#) | [Android Download](#)
  - What's Up is an app that uses some of the best strategies from Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT). These tools can help you deal with anxiety, anger, depression, stress, and more.
- **Depression**
  - **Happify** | Free - In App Purchases | [iOS Download](#) | [Android Download](#)
    - Happify is based on science that offers activities and games to help reduce stress, overcome negative thoughts, and build greater resilience.
  - **Moodfit** | Free | [iOS Download](#) | [Android Download](#)
    - Moodfit is meant to help you get into mental shape. This app will help you track your mood, learn new skills to improve your mood, and a thought record that provides strategies for modifying irrational thoughts so you can learn how to think differently.
  - **MoodTools** | Free | [iOS Download](#) | [Android Download](#)

- MoodTools is designed to help you combat depression and alleviate your negative moods. Different tools within the app include thought diary, coping activities, safety plan, PHQ-9 depression questionnaire, and helpful Youtube videos.
  - **Sanvello** | Free | [iOS Download](#) | [Android Download](#)
    - Targeted to help those with anxiety and mood disorders and stress, this app teaches deep breathing, behavioral exercises, excises and identifying cognitive distortions (negative thinking patterns) and learning how to replace them with positive thinking patterns. Sanvello is also completely customizable to help you on your journey to well-being.
  - **Wysa** | Free - In App Purchases | [iOS Download](#) | [Android Download](#)
    - Imagine a mood tracker, mindfulness coach, anxiety helper, and mood-boosting buddy, all rolled into one. Wysa, your happiness buddy is that friendly and caring chatbot. Wysa offers several evidence-based interventions, such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and meditations. Wysa can be used for people struggling with anxiety, stress, depression and sleep concerns.
- **Suicide Prevention & Self-Harm**
  - **Better Stop Suicide** | Free | [iOS Download](#) | [Android Download](#)
    - This app offers in the moment tools to use if you are feeling suicidal. The tools in Better Stop Suicide are designed to help you calm and slow your mind, which will then regulate your emotions. Key features include calming audio files, key phone contacts, gratitude checklist, built-in alarm clock, better sleep audio file, emotional needs quick check, helpful tasks to feel better, and records a life-saving message.
  - **Calm Harm** | Free | [iOS Download](#) | [Android Download](#)
    - Calm Harm is an app for people who struggle with self-harm behaviors. Being customizable, the app provides a variety of tasks to help you resist the urge to self-harm, such as distraction, comfort, express yourself, release, and deep breathing.
  - **Suicide Safety Plan** | Free | [iOS Download](#) | [Android Download](#)
    - If you are someone who struggles with thoughts of suicide, then this is an app for you. The app will engage users to create a customizable safety plan to use in times of crisis to avoid harming yourself. You can customize your own warning signs that a crisis may be developing, coping strategies for dealing with suicidal urges, places for distraction, friends and family members you can reach out to, professionals you can call, methods of making your environment safe, and your own important reasons for living.
- **Addiction and Recovery**
  - **Quit That! - Habit Tracker** | Free | [iOS Download](#)
    - Quit That! is user-friendly and focuses on the ability to track as many things as you want.