



Mental Health Apps

See the latest version of this appendix at www.OnwardMentalHealth.com (Resources).



WHAT IS THE ESSENCE?

Finding conventional mental health services can be difficult, time consuming, and expensive. Fortunately, there are hundreds of mental health apps available, many with evidence of success. We have reduced that large number to a “best of” list below.

These apps can lead you through self-care and let you experiment with different service concepts anonymously and inexpensively. They also offer

the convenience of reminders, mood trackers, and other resources.

- **Best Overall:** [Moodfit](#)
- **Best for Meditation and sleep:** [Calm](#), [Headspace](#)
- **Best for Therapy:** [BetterHelp](#), [Talkspace](#)
- **Best for Learning Coping Skills:** [MoodMission](#)
- **Best for Stress Relief:** [Sanvello](#)
- **Best for boosting your mood:** [Happify](#)
- **Best to combat negative thinking:** [Moodfit](#)
- **Best for Depression:** [Depression CBT Self-Help Guide](#)
- **Best for BIPOC:** [Shine](#)
- **Best for Bipolar Disorder:** [eMoods](#)
- **Best for Symptom Tracking:** [Bearable](#)
- **Best for ADHD:** [Todoist](#)
- **Best for PTSD:** [PTSD Coach](#)
- **Best for anxiety:** [MindShift CBT](#)
- **Best for suicide awareness:** [Better Stop Suicide](#)
- **Best for stress:** [iBreathe](#)
- **Best for addiction:** [Quit That!](#)
- **Best for eating disorders:** [Recovery Record](#)
- **Best for OCD:** [NOCD](#)
- **Best for drinking less alcohol:** [Reframe](#)
- **Best for quitting alcohol:** [I Am Sober](#)
- **Insomnia:** [CBT-i Coach](#)

Expert review of all apps. [PsyberGuide](#)

WHAT CONSIDERATIONS SHOULD I KEEP IN MIND?

Many apps can link you digitally to real therapists for further assistance. These remote-assisted options often rival the effectiveness of more traditional face-to-face services. Apps can work for many, but obviously lack the human touch. Sometimes services provided directly with others are most helpful.