

Helpful mental Health Apps:



Insight Timer - Meditation App

Meditation for Sleep & Anxiety
Insight Network Inc

#41 in Health & Fitness
★★★★★ 1.6K Ratings
Free · Offers In-App Purchases

The number 1 free meditation app. Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers. Music tracks from world-renowned artists. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.



The Mindfulness App

Meditation for Everyone
MindApps

#197 in Stickers
★★★★★ 23 Ratings
Free · Offers In-App Purchases

Start your journey to a more relaxed and healthier state of mind with The Mindfulness App. Whether you are just starting out or experienced in meditation. The Mindfulness App will help you to become more present in your daily life.



Calm (4+)

Meditation and Sleep Stories
Calm.com

#3 in Health & Fitness
★★★★★ 108.8K Ratings
Free · Offers In-App Purchases

Learn the life-changing skill of meditation, get more restful sleep and wake up feeling refreshed. This app has video lessons on mindful movement, gentle stretching, and exclusive music to help you focus, relax, and sleep



Meditation Timer Pro

Maxwell Software

★★★★☆ 12 Ratings
\$2.79

Meditation is a classic, simple and inexpensive way to lead you into wonderful state of inner peace and inner calm, and it helps to keep you relaxed from being anxious, tense, worried etc. This app is customizable with many additional functions such as "hide the time".



MindShift (4+)

Anxiety Disorders Association of British Columbia

#85 in Health & Fitness
★★★★☆ 25 Ratings
Free

Designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.



Happify: for Stress & Worry

Activities, Games & Meditation
Happify, Inc.

★★★★★ 873 Ratings
Free · Offers In-App Purchases

Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.



Pacifica for Stress & Anxiety

Anxiety & Depression Help
Pacifica Labs Inc.

#131 in Health & Fitness
★★★★★ 149 Ratings
Free · Offers In-App Purchases

Daily tools for stress, anxiety, and depression. Based on cognitive behavioral therapy & mindfulness meditation. Includes relaxation techniques, mood/health tracking, guided self-help paths, goals/thoughts, peer support community and progress tracking.



Smiling Mind
Smiling Mind
★★★★★ 9 Ratings
Free

Smiling Mind is a FREE mindfulness meditation app developed by psychologists and educators to help bring balance to your life. The programs are designed to assist people in dealing with the pressure, stress, and challenges of daily life.



Aura: Calm Anxiety & Sleep
Mindfulness Meditation Daily
Aura Health Inc.
#39 in Health & Fitness
★★★★★ 3K Ratings
Free · Offers In-App Purchases

Meditations to Relieve Stress & Anxiety. In this app you can track your mood, become a part of the aura community, do gratitude reflections, practice various meditations, and it will provide reminders and notifications. Aura will learn about your stress and anxiety levels and provide a better mediation session every time.



Headspace: Guided Meditation
The Mindfulness Meditation App
Headspace meditation limited
#8 in Health & Fitness
★★★★★ 31.2K Ratings
Free · Offers In-App Purchases

Headspace is the simple way to reframe stress. Relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Plus, we have meditations on sleep to help you create the ideal conditions for a good night's rest. Get more from your day through mindfulness, be less distracted and reactive, and focus on the things that matter most to you. The Basics course is completely free and will teach you the fundamental techniques of meditation and mindfulness.



Stop, Breathe & Think
Meditation tuned to your feels
Stop, Breathe & Think
#185 in Health & Fitness
★★★★★ 489 Ratings
Free · Offers In-App Purchases

Stop, Breathe & Think, the app for meditation & mindfulness, has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations, yoga and acupuncture videos, tuned to how you feel.



MINDBODY: Fitness, Salon & Spa
Workout Classes and Wellness
MINDBODY Inc.
#18 in Health & Fitness
★★★★★ 91 Ratings
Free

With MINDBODY, tapping into the best fitness, wellness & beauty services has never been easier. Whether you're searching for a new spa or scheduling your go-to workout, find and book classes or services where you want, at the price you want.



MoodMission 4+
MoodMission Ptd Ltd
Free · Offers In-App Purchases

Tell MoodMission how you're feeling and it will give you a tailored list of 5 Missions that can help you feel better. Missions are activities and mental health strategies that are quick, easily achievable, and backed up by scientific evidence. MoodMission is based in cognitive behavioural therapy (CBT), which is an evidence-based psychological therapy for anxiety and depression.



PTSD Coach 12+
US Department of Veterans Affairs (VA)
Free

Provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. Tools are customizable. KEEP IN MIND THAT RESOURCES ARE INCORRECT SINCE THIS IS STATES BASED AND NOT CANADIAN.



Always There 4+
Kids Help Phone / Jeunesse Jecoute
★☆☆☆ 2.5, 52 Ratings
Free

You can connect directly with a Kids Help Phone counsellor five days a week using the Always There chat app. The app includes an “information booth” with teen’s topics and a “resources around me” tool that connects you to local resources. It’s free, confidential and anonymous for young people living in Canada. Always There will respond and connect you with help regardless of your age!



Guided Mind 4+
Guided Meditation to Relax to.
AppSimple LLC
★★★★☆ 4.6, 253 Ratings
Free · Offers In-App Purchases

Guided imagery that allows you to choose from various topics. Many Guided meditations are free, while some cost about \$1-\$3.



Breathe2Relax 4+
National Center for Telehealth & Technology
★★★★☆ 4.2, 9 Ratings
Free

A portable stress management tool that allows users to record their stress levels and guides them through diaphragmatic breathing exercises to help reduce stress.



WellTrack 12+
Interactive Self-Help Therapy
CyberPsc
★★★★☆ 3.9, 10 Ratings
Free

We provide a complete mental health solution that can be used as self-help or in conjunction with therapy. WellTrack includes: MoodCheck (your daily mood tracker.), Modules on stress, anxiety and depression, Mental health tools like: The Zen Room, Thought Diary, Fun and Achievement, Activity Scheduler, Wellness Assessments, where you can measure your levels of stress, anxiety and depression.



Virtual Hope Box 4+
National Center for Telehealth & Technology
★★★★☆ 3.9, 14 Ratings
Free

This customizable app allows you to create your own personalized box of coping skills. There are a lot of short activities which are great for using on the go, and is a great app if you need a quick fix or distraction. There are breathing exercises and medication tracks, which are all under 5 minutes. There are also fun distraction puzzles, a selection of inspiring quotes, coping cards and an activity planner.



Catch It – Make sense of moods
University of Liverpool
Free

This app uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things. Use the app to record your mood in three simple steps:

1. Catch it records and rates your mood
2. Catch it ask you to take a moment to reflect on what you’re thinking.
3. Catch it asks you to think about a better way of dealing with a problem.