



Self-Help

Apps & Technology

Self-help apps can be used for people who want to handle their mental wellness challenges privately and at a low cost. With the use of a smartphone or tablet, anyone can access self-help apps that can assist with managing mental disorder symptoms and tracking progress.

Below are great apps to utilize for managing and tracking mental disorder symptoms.

*Indicates initial cost to download app.

Mindfulness & Meditations



- Calm
- Meditation Made Simple
- Headspace
- The Mindfulness App
- OMG I can Meditate!
- Simple Habit

Coloring

- Recolor
- Colorfy
- Color Therapy
- Pigment



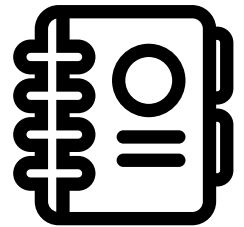
Sleep Relaxation

Relax Melodies
Sleep Cycle Alarm Clock
Digipill
Rain Rain Sleep Sounds
Calm



Symptom Trackers

- Moodnotes*
- Stigma
- Remente
- Mood Track Diary
- Easy Mood Diary
- Moody
- Pacifica



Therapists



- Better Help *
- Talkspace*