

# Mental Health Apps

## **Calm**

[www.calm.com](http://www.calm.com)

A collection of meditation techniques for sleep and stress reduction.

## **Headspace**

[www.headspace.com](http://www.headspace.com)

A meditation app containing mindful techniques which have been clinically validated to improve health and create personal happiness.

## **notOK**

[www.notokapp.com](http://www.notokapp.com)

Since its inception in 2018, this app has created the ability for people to seek and receive immediate support from friends and family during times of physical and mental distress.

## **Talkspace**

[www.talkspace.com](http://www.talkspace.com)

Endorsed by Michael Phelps, world champion swimmer, Talkspace is an app which connects therapists and clients through messaging on a smart phone. The service is designed to provide counseling to teens and adults.

# Suggested Reading

## **Change Your Brain, Change Your Life**

Daniel G. Amen, MD

Harmony Books

## **Freedom From Anxious Thoughts and Feelings**

Scott Symington, Ph.D.

New Harbinger Publications, Inc.

## **UnDo It: How Simple Lifestyle Changes Can Reverse Most Chronic Conditions**

Dean Ornish, MD and Anne Ornish

Ballantine Books

## **Resilient**

Rick Hanson, Ph.D.

Harmony Books

## **The Relaxation and Stress Reduction Workbook, 7th Edition**

Martha Davis, Ph.D./Elizabeth Robbins Eshelman, MSW/Matthew McKay, Ph.D.

New Harbinger Publications, Inc.