

Mental Health Apps

Calm

www.calm.com

A collection of meditation techniques for sleep and stress reduction.

Headspace

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

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

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.

Curable

The Curable App utilizes the latest developments in pain science and puts the information in easy-to-understand techniques to reduce chronic pain.

Suggested Reading

Rewire Your Anxious Brain

Catherine M. Pittman and Elizabeth M. Kale

New Harbinger Publications, Inc

The Mindfulness And Acceptance Workbook For Self-Esteem

Joe Oliver and Richard Bennett

New Harbinger Publications, Inc

Don't Feed the Monkey Mind

Jennifer Shannon, LMFT

New Harbinger Publications, Inc

The Anxiety Survival Guide for Teens

Jennifer Shannon, LMFT

New Harbinger Publications, Inc

How to Stop Feeling So Damn Depressed

Jonas A. Horwitz, PhD

New Harbinger Publications, Inc

The Relaxation and Stress Reduction Workbook, 7th Edition

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

New Harbinger Publications, Inc.