

Apps

Anxiety

Mind Shift - Cost: Free

SAM - Cost: Free

Breathing, Mindfulness, and Meditation

Breathe2Relax - Cost: Free

Headspace - Cost: Free initially and then a yearly subscription (\$90+/yr.)

Calm - Cost: Free with in app purchases

Stop, Breathe, Think - Cost: Free with in app purchases

Prana Breath: Calm & Meditate - Cost: Free with in app purchases

Tactical Breather - Cost: Free

Emotional Regulation

PTSD Coach - Cost: Free

Medication Reminder

Mango Health - Cost: Free

Mood Tracking

T2 Mood Tracker - Cost: Free

IMoodJournal – Cost: \$2.99 to download

OCD

nOCD – Cost: Free

Online Therapy

Talk Space Online Therapy - Cost: Subscriptions start at \$198 per month

Recovery

Rise Up and Recover - Cost: Free

Twenty-Four Hours a Day – Cost: \$5.99 to download

Resiliency & Optimisim

Happify - Cost: Free

For greater access to material:

14.95 / Month

6.95 / Month with 1 year commitment

4.95 / Month with 2 year commitment

For Professionals

Provider Resilience - Cost: Free

Suicide

MY3 - Cost: Free (Only available on Apple devices)

Virtual Hope Box - Cost: Free