

FREE HEALTH & WELLNESS APPS

APPS FOR SUICIDE PREVENTION:



ASK & Prevent Suicide offers tips on what to do if someone you know is thinking about attempting suicide, as well as recognizing warning signs

Lifebuoy is designed specifically for suicide survivors after a recent attempt. It includes a mood diary, tips for decreasing social isolation, and other ways to monitor suicidal ideation



A Friend Asks offers tips for getting help for a friend (or yourself). Tips include what to do right now as well as what not to do.

OTHER MENTAL HEALTH AND WELLNESS APPS:

30/30 attempts to improve time management by breaking down all tasks into 30 minute chunks and decreasing multi-tasking



Circle of 6 is intended to prevent violence by allowing students to easily connect with friends in their "circle". Two discreet taps on your phone can mean "call me" or "come get me immediately"

Recovery Record is an app for those in recovery from an eating disorder. It includes progress trackers, meal logs/meal plans, coping skills, and affirmations.



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APPS FOR RELAXATION/MEDITATION:



Breathe2Relax: A simple app that teaches users how to relax through diaphragmatic breathing, otherwise known as belly breathing.

Stop, Breathe, & Think. An app that offers various meditations on mindfulness by focusing on what's going on inside right now.



Smiling Mind is another meditation app that is specifically designed for young people. It includes programs for individuals, education, and sports

APPS FOR MOOD TRACKING, ANXIETY, AND DEPRESSION:

Mood Panda simply rates your daily mood on a 1-10 scale, allowing you to track mood changes and learn more about what makes you happy



Mind Shift is specifically designed for young adults with tools to manage text anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict

SAM: Self-help for Anxiety management helps with tracking anxiety, identifying anxiety triggers, and teaching strategies to cope with anxiety

