

Mental Health and Wellness Apps



The Mecca of Black Wellness



Updated June 2018

Mental health apps can be useful in providing additional mental health support, coping skills, and resources. Mental health apps are also beneficial because they are accessible and portable when mental health services are limited. We recommend the use of mental health apps as one tool for improving your mental well-being. Please review the list of apps below to begin building your toolkit of mental health resources!

Mindfulness/Meditation/Relaxation/ Stress Management	Multiple Mental Health Symptoms
5MinRelax Breathe Calm Headspace Insight Timer Lake: Coloring Book Mindfulness Coach App Tactical Breather Sleep Pillow Stay Quilt Stop Breathe Think	Catch it Headspace Moodkit notOK App What's My M3 The Safe Place
Anxiety	Depression
Anxiety Coach Anxiety Reliever Breathe2Relax End Anxiety Happify Mindshift Pacifica for Stress & Anxiety Panic Relief Self-Help Anxiety Management Thought Diary Worry Watch	Virtual Hope Box Mood Coach MoodTools
Trauma	Obsessive Compulsions
PE Coach PTSD Coach PTSD Family Coach	Live OCD Free

Reminder: These apps are not intended to replace any psychological treatment with a licensed mental health provider. If you experience any urgent symptoms such as suicidal thoughts, homicidal thoughts, self-harming behaviors, or persistent feelings of sadness, hopelessness, or chronic difficulties with managing life, please seek immediate treatment with a licensed mental health provider.

FOR MORE INFORMATION

www.BlackMentalWellness.com



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RESOURCES

PsyberGuide

PsyberGuide is a website that provides users with a search tool to identify mental health mobile apps based on specific factors such as: platform, cost, target audience, target conditions, and treatment types. To learn more, <https://psyberguide.org/apps/>

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