

SIUE Counseling Services
Mental Health Phone Apps

General Mental Health

- What's Up (iOS & Android)
 - Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. Includes a "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues.
- Headspace (iOS & Android)
 - Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus.
- Calm (iOS & Android)
 - Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music
- Calm Harm (iOS)
 - Calm Harm provides tasks to help you resist or manage the urge to self-harm. If you want to you can set a password so that it's completely private. The app then provides you with four categories of tasks to help you surf the urge. 'Distract' helps in learning self-control; 'Comfort' helps you care rather than harm; 'Express Yourself' gets those feelings out in a different way and 'Release' provides safe alternatives to self-injury. There is also a 'Breathe' category to help calm and get back in control.
- BetterHelp (iOS)
 - BetterHelp is the convenient way to get professional help from licensed therapists and counselors online.
- T2 Tracker (iOS & Android)
 - Tracks anxiety, depression, stress, fear, PTSD symptoms, etc. Presents all the information in graphs so it is easy to review progress over time.
- TalkLife (iOS & Android)
 - TalkLife is an online community that allows you to find people who are willing to listen. All posts can be anonymous.
- Sanity & Self (iOS & Android)
 - From taking the shame out of taboo topics to diving deep into emotional health, Sanity & Self is the expert guided audio self-care app that empowers women to heal their hearts, grow themselves, improve their relationships, and find belonging.
- Super Better (iOS & Android)
 - Be Stronger. Proven results in just 10 minutes a day. SuperBetter increases resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles. Playing SuperBetter makes you more capable of getting through any tough situation—and more likely to achieve the goals that matter most to you.
- Shine (iOS & Android)
 - Shine is a daily pep talk in your pocket. Shine's daily motivational text and library of 5 minute self-improvement audio, makes self-care easier for your world. Here's how it works: Every weekday, we'll send you a Shine Text—a motivational text with research-backed affirmations that'll help you feel calm and get in the right headspace to run the

day. Save your favorite texts so you can create your own your self-care toolkit. Use our check-in feature as a gratitude journal to log one thing you're grateful for to help make gratitude a daily habit.

- Mindfulness Coach (iOS)
 - This app offers mediation and voice guided seminars to aid in the practice of mindfulness. It allows you to track your progress so things can be easily put into practice.
- Stop, Breath & Think (Android)
 - This app offers guided meditation practices. It allows you to put in how you feel physically, mentally and emotionally prior to meditating to find meditations best for your situation.
- Mood diary BETA (Android)
 - This app allows you to rate your general mood, sleep, anxiety, or any category you would like to track on a scale of 1 to 10 at up to 3 times during the day, and provides you with an analysis of how your mood changes day-to-day.

Addiction

- Quiz That (iOS)
 - Recovery tool to track and monitor your progress. Track as many vices as you want and find out how many minutes, hours, days, weeks, or years it's been since you quit.

Anxiety

- Mindshift (iOS & Android)
 - Allows you to learn more about anxiety, choose situations you need help with, check your level of anxiety, have access to tools to calm you, and help you actively decrease level of anxiety
- Clear Fear (iOS & Android)
 - Clear Fear provides you with a range of ways to manage anxiety. Clear Fear helps you with anxious thoughts and emotions, alter anxious behaviors and calm fear responses. It also has helpful descriptions of the different ways in which anxiety shows, resources and a grit box to boost resilience.
- Self-Help for Anxiety Management (SAM) (iOS & Android)
 - Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.
- CBT Thought Record Diary (iOS & Android)
 - Use CBT Thought Record Diary to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.
- Stop Panic and Anxiety Self-Help (Android)
 - This app includes panic assistance and relaxation audio tracks for people who are experiencing a panic attack.
- 7 cup (iOS)
 - They use mindfulness exercises to help with anxiety. They also allow you to talk to a trained volunteer anonymously for free.
- Relax Lite: Stress and Anxiety Relief (iOS)

- Guided breathing and meditation exercises which help reduce stress and anxiety.
- Sanvello (Android, iOS)
 - Allows users to track their mood over time. Furthermore, it provides tactics for coping with anxiety on a daily basis. For example, it has breathing and muscle relaxation techniques.
- Awesome Breathing Pacer for Meditation and Stress (Android, iOS)
 - This app is used to help guide and visualize your breathing. It helps with different things like sleep, stress, anxiety, and meditation.
- Happify (Android, iOS)
 - Happify's games are supposed to help increase your happiness and reduce stress while teaching your life-changing habits.
- Brain.fm (Android, iOS)
 - Brain.fm has a goal to unlock music's potential to influence cognitive states. You can choose your outcome (meditation, sleep, etc.) and the app will develop music to help you achieve your goal.
- Pacifica (Android, iOS)
 - This app provides space for you to track your moods, health and habits and it offers relaxation techniques and mindfulness exercises tailored to your specific needs.
- Worry Watch (iOS)
 - This app helps you track your mental state by asking you to write down the cause of your stress and then ask you to return to the app to reflect on the worry and note whether the outcome was good or bad. The app then, based on your responses creates charts and statistics to help you analyze your thought patterns.
- Mood Path (Android, iOS)
 - This app assesses your mental state over a 14 day span and then generates a report, which can then be shared with your physician or therapist.
- TalkLife (Android, iOS)
 - This app is a chat room for people struggling with self-harm, depression, anxiety, stress, eating disorders, bullying or suicidal thoughts. Conversations are monitored and users are encouraged to ask questions, chronicle their struggles and offer tips anonymously or by name.
- What's Up? (Android, iOS)
 - This app offers a diary feature with a scale for rating your emotions, a "catastrophe" scale help you put your problems in perspective, breathing techniques, and an interactive question game to keep you feeling grounded during stressful moments.
- SuperBetter (Android, iOS)
 - This app helps frame life's challenges as part of a tough but rewarding game, with players moving through quest towards a larger goals.
- Talk Space (Android, iOS)
 - This app matches users with licensed therapists in their area almost instantly. After downloading the app, complete a matching questionnaire, select a therapist, and choose a weekly payment plan. Once all that is complete, you can message video chat, or call your therapists immediately.

Depression

- Depression CBT Self-Help Guide (Android)
 - Uses cognitive behavioral therapy techniques to help users understand the severity of their depression and offer articles on positive thoughts and behavior
- Depression Test (iOS)
 - Uses Patient Healthcare Questionnaire -9 (PHQ-9) to indicate if you have depression or not.
- Happify (iOS & Android)
 - Various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.
- MoodTools (iOS & Android)
 - Helpful videos that can improve your mood and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more
- Positive Thinking (Android)
 - Gives users access to a plethora of quotes and motivational words designed to get people through their depressive episode
- ThinkUp: Positive Affirmations & Motivation (iOS)
 - Allows users to record and store their own voice. The voice recordings are designed to be about positive thoughts and affirmations. When a user is feeling down they can listen to the recordings to assist in changing their mood.

Disordered Eating

- Recovery Road (iOS & Android)
 - Keep a record of the meals you eat and how they make you feel using the app and complete questionnaires that'll help you track your progress over time.
- Rise Up and Recover (iOS & Android)
 - Track your meals and how you feel when you eat them, transcribe your progress into a PDF printout. Pull up the Rise + Recover app on your mobile when you feel the urge to binge or skip a meal, and need quick coping strategies.

Obsessive-Compulsive Disorder (iOS)

- nOCD
 - Mindfulness and Exposure Response Prevention Treatment. You can receive immediate, clinically-supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way

PTSD

- PTSD Coach (iOS & Android)
 - Self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What's great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music.
- Breathe2Relax (iOS & Android)

- Stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax works by decreasing the body's 'fight-or-flight' stress response
- LifeArmor (Android, iOS)
 - Provides information and assistance to patients/anyone concerned with stress, anxiety, PTSD etc. What they can do, how they can help etc.

Suicide Prevention

- MY3 (iOS & Android)
 - MY3 asks you to choose three close contacts that you feel comfortable reaching out to when you're down and keeps you connected to this core network. This best part of this app is that it helps you create your own safety plan asking you to think through and list your own warning signs, coping strategies and support network, so that you can easily act when you recognize your warning signs.
- Jason Foundation: A Friend Asks (iOS & Android)
 - Users learn how to recognize the signs that someone close to them may be thinking about suicide, and how to reach out to them proactively
- Ask & Prevent Suicide (iOS & Android)
 - lists down warning signs that a person might be thinking of suicide, as well as practical advice on how to intervene using the ASK (Ask, Seek help/Stay safe, and Know how and where to refer) methodology. In addition, the app includes helpful links to more info, a quick dial function for the National Suicide Prevention Lifeline
- Ulster County SPEAK (iOS & Android)
 - Ulster County SPEAK (Suicide Prevention, Education, & Awareness Kit) is an Android and iOS app that provides suicide prevention information and resources. The app provides information on suicide warning signs and a guide on what to say and avoid when attempting to approach a suicidal person, with focused sections for veterans, adults and teens. It also comes with a variety of hotlines and links to suicide prevention resources.
- HELP Prevent Suicide (iOS & Android)
 - Provides concise warning signs of suicide ideation and guidelines for how to help and ask a friend about potentially suicidal thoughts. Also includes additional resources.
- Stay Alive (iOS & Android)
 - The app comes loaded with resources, including a customizable "My Safety Plan" of actions, places and people that can help calm you down when you're feeling suicidal, a Lifebox that you can fill with your personal inspirational photos and access to breathing exercises and grounding techniques. Concerned friends can read up on warning signs of suicidal behavior, practical steps to help, myths about suicide and what not to say when trying to comfort or approach a suicidal person.
- Operation Reach Out (Vets & Military Families) (iOS)
 - To provide support for people having suicidal thoughts as well as friends, family or service members concerned that someone they know might be considering suicide. The app comes with numerous video vignettes offering suicide counseling, dos and don'ts when reaching out to a potentially suicidal loved one and a help center with suicide hotlines and other resources.