

Behavioral Health Apps

Those seeking support for behavioral health understand it can be difficult to reach out or find resources and affordable help. You or your child may be able to relate to this frustration- What can be done? There is **Good News** as support and resources are available to assist with all types of behavioral health needs! Following are applications found in both the Apple Store and Google Play that can be helpful.

Support and Resources:

- ☐ **ADAA (Anxiety and Depression Association of America) Approved Apps:**

<https://adaa.org/finding-help/mobile-apps>

- ☐ **Top 25 Best Mental Health Apps:**

<https://www.psych.com/25-best-mental-health-apps>

- ☐ **National Alliance on Mental Illness, Utah:**

Phone: (801) 323-9900 Website: <http://www.namiut.org>

Smart Phone Applications:

ADHD	
<u>Asana</u>	Create multiple projects, assign tasks, set deadlines. Comment on tasks and send notes to others/family involved in a project.
<u>EpicWin</u>	Turn chores into an adventure by setting goals or completing “quests” — much like a role-playing video game. Choose from five avatars (in-app purchase) to destroy each task in front of you and earn loot.
<u>Myhomework</u>	Track class schedules, assignments, and upcoming tests. Notifies your child when something is due.
<u>Evernote</u>	A “digital notepad” that acts as a place to collect photos, videos, notes, and more. Make to-do lists and set reminders.
<u>30/30</u>	Help breaking down homework into management chunks. Your child can use it to check in and easily figure out what they’re supposed to be doing and how much time they need to do it.

Anxiety/Depression	
<u>Mindshift</u>	This app is designed for youth. It can test anxiety, perfectionism, social or performance anxiety, or conflict.
<u>Breathe2relax</u>	This app is simple – just for breathing. It has a body scanner and graph to show results.
<u>Headspace</u>	Has a buddy system for mindfulness and meditation. You can use it in conjunction with the online training course at Headspace.com.
<u>Pacifica</u>	Psychologist designed- Cognitive Behavioral Therapy mindfulness meditation, relaxation, and mood/health tracking.
<u>Tactical Breather</u>	Has options for either male or female voice. It teaches regulation of physical and psychological responses to stress. Portrays a dot to watch expand and shrink as you inhale and exhale.
<u>Happify</u>	Build skills for lasting happiness: Happify turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.

<u>Self-Help for Anxiety Management (SAM)</u>	Users are prompted to build their own 24-hour anxiety toolkit and learn 25 different self-help techniques. Connect to a confidential online community for support.
<u>MoodTools</u>	Discover helpful videos that can improve your mood and behavior, log and analyze your thoughts.
<u>Stop Panic and Anxiety</u>	Helps you learn to tolerate and manage symptoms. Has an audio assistance to coach you through your panic attack.
<u>Calm</u>	Guided meditations, sleep stories, breathing programs, and relaxing music.

Bipolar Disorders

<u>Bipolar Disorder Connect</u>	Connects people with bipolar around the world. Features tracking tools to monitor moods and share those updates.
<u>IMoodJournal</u>	Record mood and symptoms, sleep, medications, and energy cycles. Analyze your daily feelings through summary charts that indicate where your stress levels rise and fall.


Eating Disorders

<u>Recovery Record</u>	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.
<u>Rise Up and Recover</u>	Unique app as it not only allows you to track your meals and how you feel when you eat them, but you can also transcribe your progress into a PDF printout. Use it for quick coping strategies when feeling urges.

Obsessive Compulsive Disorder (OCD)

<u>nOCD</u>	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.
<u>Worry Watch</u>	Help users identify their trigger points for anxiety, note trends in their feelings, reflect on when the outcomes were harmless, and change their thinking patterns for the future.

Crisis and Safety Apps

<u>MY3</u>	You define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide.
 <u>SAFE UT</u>	The SafeUT Crisis Text and Tip Line is a statewide service that provides real-time crisis intervention to youth through texting and a confidential tip program – right from your smartphone.
<u>notOk</u>	notOK App® is a free digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out.
<u>National Suicide Hotline</u>	1-800-273-8255