

# Mental Health Apps

Brought to you by MPDC's  
Mental Health Team



madison-park.org

## **\*IMPORTANT\***

**If you or someone you know is experiencing a mental health crisis or emergency please call 911 or your local crisis team**

**I Am** - Daily affirmations and intentions with reminders

**Bloom** - Provides you with tools to help you sleep better, reduce your stress levels and live a more relaxed lifestyle

**Calm** - Meditation, sleep and relaxation

**Mindshift CBT** - Helps you reduce worry, stress, and panic by following evidence-based strategies

**YouTube** - Videos for meditation, yoga, grounding techniques, and mental health information

**CBT Thought Record Diary** - Mood Journal & Thought Record using Cognitive Behavioral Therapy (CBT)

**Headspace** - Teaches you how to meditate

**Youper** - Supports users in taking care of their emotional health, applying behavioral coping skills, and monitoring mental health symptoms

**Sanvello** - Offers clinically validated techniques to help you relieve symptoms of stress

**Calm Harm** - Dialectical Behavioral Therapy (DBT) skills to help teens resist or manage the urge to self-harm

**Clear Fear** - CBT skills for reducing physical responses to threat for teenagers

**Happify**- Play games and do activities to boost your mood

**Motivation** - Hundreds of quotes with deep and rich meanings updated daily

**MoodFit**- Provides a variety of different tools to promote your overall mental health

**Shine**- Daily meditation and practice of gratitude specifically for BIPOC

**DBT Coach**- Visualizations to help you when you feel stress or anxious

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**Reflectly**- A personal journal to write down any thoughts you have about your day

**Sleep Cycle**- Tracks your sleep cycle and hours of sleep

**Sayana** - Provides a way to help track your feelings

**Insight Timer**- Guides you through meditations

**I am Sober**- Build new habits and provides on going motivation to reach goals

**Skylight: Spiritual Wellness**- 3/5 minute activities that generate love, and strength

**Aloe Bud**- A self care companion app that helps you stay present

**Fabulous**- Scientifically Grounded Approach to instill healthy habits

**Sanvello** - Offers clinically validated techniques to help you relieve symptoms of stress

**EMMO**- Daily Mood Diary, express mood through art

**Breathwrk**- Practice different breathing exercises to help you focus and

**#Mindful** - Daily Affirmations and Intentions with Reminders

**TappingSolution**- Helps regulate your mood and emotions

**Take a Break!**- A quick way to take a break and recharge from work or school

**Moonly** - An app that combines the wisdom of astrology to help improve and track mood

**Streaks**-Track your daily habits

**LifeSum**- Set personal goals for your overall physical health

**Meditopia** - Offers over 1000 deep-dive meditations to get to the heart of what people are dealing with everyday