



RE: Mental Health Apps

Based on clinical and peer review, I recommend the follow apps (iOS and Android):

- Pacifica -mood tracker; mindfulness and meditation guiding; panic and de-escalation guides
- Stigma - color based mood entry and journal
- CBT through record diary - great for specific times of the day
- T2 Mood tracker - includes reminder, multiple daily option
- Flow - best app if focus is isolation and fatigue (Android)
- Mindshift - continuum based anxiety tracker (Android and iOS)

Additional Apps (listed alphabetically)

- Booster Buddy -mood tracker, medication reminder, daily support
- Calm (iOS; Android) 2018 best meditation app
- DBT diary card and skills coach - complementary self-directed support; tenable option for future work (iOS)
- Headspace (iOS; Android) great meditation and mood app
- Insight Timer (iOS; Android) - high degree of choice
- Sleepio <https://www.sleepio.com> (preferred sleep platform)
- Symple (best app prior to 2015 in my practice)
- Wildflower - mood and heart rate tracker (less functionality)
- 10% happier (iOS; Android) - if an objective, science focus app is of interest; potential companion to a book with the same title

There are scores of great apps that emerge (and end) each month. I offer these here based on direct client experience. If you find a better app or two, please share so I can learn from and with you.

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