

**Keep Calm! There's an App for that...**  
*...and it's free...*



**Virtual Hope Box**

This app contains simple tools to help with coping, relaxation, distraction, and positive thinking. Users can personalize the VHB content on their phone according to their own specific needs. Provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.



**Safety Plan**

Create a list of coping strategies and social supports that you can use when you are having suicidal thoughts. There are 6 Steps in a Safety Plan: 1) Warning Signs, 2) Internal Coping Strategies, 3) Social Contacts and Social Settings That May Distract from the Crisis, 4) Family Members or Friends Who May Offer Help, 5) Professionals and Agencies to Contact for Help, 6) Making the Environment Safe.



**MY3**

Stay connected to your network when you are in a time of crisis with MY3. With MY3, 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 feeling suicidal. Create your support system, Build your safety plan toolbox, Store your information confidentially, Get support at times of greatest risk, Access the National Suicide Hotline 24/7.



**Mindshift**

This app is designed to help young adults cope with anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety and specific tools for: Test Anxiety, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, and Conflict.



**CBT-i Coach**

This app is designed to help you develop good sleep habits and sleep better. Record daily sleep and track insomnia symptom changes with a sleep diary. Update your sleep prescription with provider recommendations. Use tools and exercises to quiet your mind. Learn about sleep, the benefits of sleep hygiene and terms used in CBT-i. Set reminder messages with tips, motivation and alarms to change sleep habits.



**PTSD Coach**

This app can help you learn about and manage symptoms that often occur after trauma. Features include: Reliable information on PTSD and treatments that work; Tools for screening and tracking your symptoms; Convenient, easy-to-use tools to help you handle stress symptoms; Direct links to support and help; Always with you when you need it.



**ACT Coach**

ACT aims to help individuals live with unpleasant thoughts, feelings and impulses without avoiding them or being controlled by them. In ACT, patients are encouraged to commit to actions based on what they value, with a focus on the present, even in the face of these unpleasant experiences. ACT Coach is designed to be used in conjunction with therapy to help with strategies for integrating personal values into their daily lives.



**Mindfulness Coach**

Practicing mindfulness means grounding yourself in the present moment. Mindfulness has been shown to be helpful for reducing stress and coping with unpleasant thoughts and emotions. Mindfulness Coach will help you practice mindfulness meditation.



**T2 Mood Tracker**

This app allows users to monitor their moods on 6 pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Custom scales also available. User ratings are displayed on graphs to help track moods over time. Notes can be recorded to document daily events, medication changes and treatments that may be associated with mood changes, providing accurate information to help health care providers make treatment decisions.



### **Breathe2Relax**

This app is a portable stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management.



### **Take a Break!**

Deep relaxation, stress relief and benefits of meditation.



### **Breathing Techniques by Hemalayaa**

Yoga App by Hemalayaa includes 10 minutes of tutorial-videos that show you deep and relaxing breathing techniques you can use every day to calm your mind.



### **PsychMeUp!**

Psychology tool designed for stress reduction and for improving self-confidence, performance, and productivity. Based on research evidence that for many people training attention to find a smiling face can reduce stress and anxiety and the common tendency to be distracted by social criticism and rejection. Find the smile and ignore the frowns!



### **Mindfulness – Everyday guided meditations**

This app provides guided meditations that help you focus, sleep better, stay calm and reduce stress & anxiety. Use Mindfulness to quiet the chatter in your brain and to achieve clarity.

SMOKE FREE



### **Smoke Free**

Smoke Free is based on the theory that what really helps people quit is being able to see and measure their progress. The app will tell you how long you've been smoke free, how much money you've saved, how many cigarettes you've avoided, and how your health is improving. You then get badges for progress and success can be shared with friends. There's also an option to record a cravings diary.

**Note: The following apps have limited free components and include in-app purchase options.**



### **Relax & Sleep Well Free by Glenn Harrold**

Relax and Sleep Well is a hypnosis and meditation app by best-selling self-help audio author Glenn Harrold. This app consists of two free hypnotherapy recordings and many in-app purchase options, which are designed to help you overcome insomnia, stress and anxiety and sleep well at night.



### **Calm**

Calm can help you meditate, sleep, relax, focus and much more. Learn the basics of mindfulness meditation in free introductory program called 7 Days of Calm.



### **Stop Breath & Think**

This app helps you to develop and apply kindness and compassion in your daily life through a process called STOP, BREATHE & THINK. Stop what you are doing - check in with what you are thinking, and how you are feeling. Practice mindful breathing to create space between your thoughts, emotions and reactions. Learn to broaden your perspective and strengthen your force field of peace and calm.