

MENTAL HEALTH APPS

All are available for Apple and Android

7 CUPS



Online support platform with forums, group chats, 1-on-1 chats with listeners and tele-therapy (for a fee)

www.7cups.com

notOK



The app features a large, red button that can be activated to let their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contact with the message "Hey, I'm not OK! Please call, text, or come find me."

MY3



An app for those who have had/are having thoughts of suicide. MY3 lets you select 3 people you feel you can talk to, helps you create a safety plan, save resources important to you and connects you to 911 and the national suicide prevention lifeline with one click of a button

CALM HARM



Developed by Clinical psychologist Dr. Nihara Krause, this app is designed to help individuals learn techniques to deal with the urge to self-harm until that urge passes

BREATHE2RELAX



This app is a stress management tool, which will help you learn how to perform and use diaphragmatic breathing techniques for stress control.

A FRIEND ASKS (Jason Foundation A Friend Asks)



An app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

AMBIENT MIXER



Allows the user to listen to ambient noise and music (you can create mixes of your own with a free account)

www.ambient-mixer.com

ADDITIONAL APPS

- Sanvello
- CBT-I Coach
- Caring For You
- Other apps sponsored by the National Center for PTSD
 - <https://www.ptsd.va.gov/PTSD/appvid/index.asp>
- Apps for those undergoing substance use recovery
 - <https://freeappsforme.com/alcoholics-anonymous-apps/>
- Other Additional Apps
 - <https://www.psych.com/25-best-mental-health-apps>

Your illness is not your identity. Your chemistry is not your character.