

General Mental Health Apps (also for Anxiety & Depression)

Mind Shift (Free; iOS and Android)



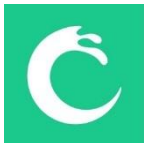
Mind Shift is one of the best mental health apps designed specifically for young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.

Mood Kit (iOS \$4.99)



MoodKit uses the foundation of Cognitive Behavioral Therapy (CBT) and provides users with over 200 different mood improvement activities. Developed by two clinical psychologists, MoodKit helps you learn how to change how you think and develop self-awareness and healthy attitudes. The journal feature is a great way to practice self-care by reflecting on the day, noting any distressing thoughts, and documenting how you overcame them.

Pacifica ((iOS and Android, \$3.99 a month after a seven-day free trial)



Pacifica is a suite of activities designed to reduce anxiety and depression that allows you to rate and track your mood, voice-record your negative reactions to events, and respond to questions to help you reframe those events, so they bother you less. Pacifica offers relaxation techniques such as mindfulness, meditation, and deep breathing. Plus, it lets you set and track daily health goals for management of anxiety and depression such as exercise, sleep, and relationships.

Happify (Free; iOS and Android)



Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. The best part? Its free!

Superbetter (Free; iOS and Android)



SuperBetter builds resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most.

What's Up (Free; iOS and Android)



What's up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues.

Habit Building Apps

Way of Life (Free; iOS, \$4.99 for the premium version)



In the premium version, you can specify up to 10 habits you want to make or break, get as many or few reminders as you want, and track your progress. Way of Life has an easy interface and shows your progress on beautiful charts.

Rewire Habit Tracker (Habithub) (Free; Android 4.5)



This app is best known for the following features and qualities: time management & alarm reminder, keeping me on track & achieve my goals, customer service & multi platform. The app rewards you for winning streaks--days in a row that you maintain a habit. Habithub is based on Seinfeld's productivity secret - Don't break the chain! Every time you do a habit, your chain grows longer. Eventually you will build a very long chain. Your only job now, is to keep the chain growing.

StickK (Free; iOS and Android)



StickK was developed by behavioral economists at Yale University. On signing up, you create a commitment contract with yourself and the app to reach your goals, you can even bet money on yourself or you can assign a friend or family member to check your data to ensure you're on your way to reaching your goals. The unique commitment contract idea could be a brilliant way to stay motivated. This aspect is backed by great research, the app is based on the principles of [Thaler's nudge theory](#)

Habitica (Free; iOS and Android)



Your Life, the Role Playing Game: Habitica is a video game to help you improve real life habits. It "gamifies" your life by turning all your tasks (habits, dailies, and to-dos) into little monsters you have to conquer. The better you are at this, the more you progress in the game. If you slip up in life, your character starts backsliding in the game.

Other Mental Health Apps

Recovery Record (Free; iOS and Android)



Recovery Record is a great app for anyone recovering from an eating disorder and wanting to develop a more positive body image. 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.

Also:

See the attached article for other apps that may be helpful to students: <https://www.psychom.net/25-best-mental-health-apps>