Mental Health Apps for Smart Phones
"10 Best Lists"

PTSD Coach
PTSD Coach is an app developed by the Department of Veterans Affairs' National Center for PTSD, intended for use by veterans, military personnel, and civilians experiencing symptoms of post-traumatic stress disorder. It provides a self-assessment tool that allows users to track symptoms over time (though it does not clinically diagnose PTSD) as well as tools for managing symptoms. Users can also store contacts for personal support, locate nearby treatment programs, and contact the National Suicide Prevention Hotline quickly in emergencies.
PTSD Coach is available for free on both iOS and Android devices.

Breathe2Relax
Breathe2Relax is an app developed for stress management. It walks users through breathing exercises that help to reduce stress, stabilize mood, control anger, and manage anxiety. The app's developers note that it can be used on its own to help reduce stress or in combination with other therapies.
Breathe2Relax is available for free on both iOS and Android devices.

Code Blue
Code Blue is designed to provide teenagers struggling from depression or bullying with support when they need it. Users can choose several contacts to be part of their support group. With just a few taps, the app will alert the support group that the user needs immediate help. Members of the support group can then text or call the user. The app can also share the user's location with the support group, and members can indicate that they are on their way to see the user in person.
Code Blue will be free and is expected to launch this spring on both iOS and Android.

Optimism
Optimism is a family of applications that focus on self-tracking as a tool for coping with mental illnesses including depression, bipolar disorder, anxiety, and PTSD. The app helps users detect patterns in their mood, creating a way to identify triggers and other things that affect their mental health. Users can create a customizable wellness plan to chart their coping mechanisms, and this can be updated as they come to have a deeper understanding of what they need to tackle their mental illness. Track your moods, keep a journal, and chart your recovery progress with this comprehensive tool for depression, bipolar disorder, and anxiety disorders. One of the most popular mood tracking apps available, with plenty of features.

Free. Optimism is available for download on [Mac OSX, Windows, iOS devices, and various web browsers.](#)

SAM: Self Help for Anxiety Management
SAM is an app designed to help people manage their anxiety. Users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety. Users can create a personalized anxiety toolkit, adding in the features of the app that they find most useful for easy access. The app also has a social cloud feature that allows users to anonymously share their experiences with other SAM users.
SAM is available for free on both [iOS](#) and [Android](#) devices.

IntelliCare
IntelliCare is a suite of apps developed by researchers at Northwestern University to target symptoms of depression and anxiety. The apps were developed as a part of a national research study funded by the National Institutes of Health. The suite includes the IntelliCare Hub app and 12 mini apps. The Hub helps users manage their preferences and recommends apps based on their concerns.
The mini apps include things like Worry Knot (for worry management techniques), Thought Challenger (to help reduce negative thought patterns), and iCope (for inspirational messages and reassurance).
The IntelliCare Hub app and related mini apps are available for free on [Android](#) devices.

Equanimity
Equanimity is a meditation timer that also features graphical tracking and a journal feature. The meditation timer features simple graphics to minimize distractions during meditation. If users have several stages in their meditation routine, the app can be programmed to chime at the appropriate intervals. Users can view their meditation history in the form of a visually annotated log or a text-based journal. All of the data recorded in the app can be exported as an email or spreadsheet.
Equanimity is available to download for $4.99 on [iOS devices](#).

The Mental Health Apps listed above are from *Psychiatry Advisor*,
http://www.psychiatryadvisor.com/top-10-mental-health-apps/slideshow/2608/

OPERATION REACH OUT – Suicide Prevention App is designed to:

Encourage people to reach out for help when they are having suicidal thoughts.

Help those who are concerned about family members, spouses, or fellow service members who may be suicidal.

Provide a personal contact help center.

Provide activities to help people who are depressed stay connected to others.

Operation Reach Out is part of MCA-D's effort to provide timely and effective support and guidance for military families.

Note: Due to the severity of the topic, this app contains many videos segments and may take up extra memory and time to download.

Video must be downloaded while connected by Wi-Fi. Features include:

- HELP CENTER

Users are prompted to enter phone number for people who will respond in a time of crisis. The help Center comes pre-loaded with phone numbers for suicide prevention hotlines and it is then customizable by each individual user.

- HELP FOR SUICIDAL PEOPLE

12 Compelling video vignettes explain important facts,

such as:

You problems can be treated.

There are other solutions.

Suicidal crises are almost always temporary.

Your problems are rarely as great as they appear.

- HELP FOR PEOPLE TRYING TO PREVENT SUICIDE

10 Compelling video vignettes explain what to do, and not do, when a person is talking about suicide, such as:

Don't be afraid to ask tough questions.

Find out if the person is drunk or has overdosed on drugs.

Remove any potentially harmful objects.

Make sure the suicidal person understands that help is available.

Category: Health & Fitness; Updated: Jun 03, 2016; Version: 1.0.2.96; Size: 195 MB

Language: English; Seller: The Guidance Group Inc.

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You must be at least 17 years old to download this application.

Infrequent/Mild Mature/Suggestive Themes; Infrequent/Mild Medical/Treatment Information; Unrestricted Web Access;

Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.

eCBT Calm
Provides a set of tools to help you evaluate personal stress and anxiety, challenge distorted thoughts, and learn relaxation skills that have been scientifically validated in research on Cognitive Behavioral Therapy (CBT). Lots of background and useful information along with step-by-step guides

WhatsMyM3
A three minute depression and anxiety screen. Validated questionnaires assess symptoms of depression, anxiety, bipolar disorder, and PTSD, and combine into a score that indicates whether or not your life is impacted significantly by a mood disorder, recommending a course of action. The app keeps a history of test results, to help you track your progress.