



MENTAL HEALTH, MINDFULNESS & MEDITATION APPS

Key: # App Name 	Descriptions: 1. What each app offers in its free version 2. What age group(s) it would be appropriate for 3. What presenting problem/symptom the app could be helpful in reducing 4. Pros & cons of the app
1. Sanvello 	1. Mood log, daily check-ins, mindfulness check-ins (body scans), Spotify playlist of calming music, community discussion posts (gratitude, anxiety, depression, school stress, loneliness, and more), psychoeducation (ex: how anxiety works), hope board (affirmations and positive quotes), health (sleep and exercise tracker), journal entries, goal setting 2. Recommended for teens and older 3. Helpful for reducing anxiety & depression 4. Pros: Varied activities. Cons: none so far
2. Smiling Mind 	1. Meditations in different programs with multiple sections (adults, kids, youth, families, classroom, at work, sports) Different programs also include sleep, back to school, stress management, relationships, study, unguided meditations, digital detox, daily commute, sleep, and more. 2. Appropriate for ages: different programs are designed for different ages starting at age 3 going into adulthood 3. This app could be utilized for both parents and children for a multitude of different symptoms. This app helps to break down mindfulness in many different ways to make it easy and applicable to whatever symptom needs to be addressed, i.e. sleep, stress, calm, etc. 4. Pros: variety of different programs for any age, easy interface, visually appealing, user friendly. Cons: extensive questions in order to create an account, need to go into different sections and programs to find what is offered.
3. Woebot 	1. Your coach for life's ups and downs. In just a few minutes a day, Woebot can help you: Think through situations with step-by-step guidance using proven therapeutic frameworks like Cognitive Behavioral Therapy (CBT), master skills to reduce stress and live happier through 100+ evidence-based stories from our clinical team and help inform research to develop new mental health resources and treatments. 2. Appropriate for age group: 11-17. 3. Helpful with managing difficult emotions, including loneliness, and increasing mindfulness & self-care. 4. Pros: The entire app is free. Easy exercises. Good prompts. A lot of different topics. Cons: Doesn't let you do any free writing, you have to answer prompts. Not a lot of variation in responses
4. Clear Fear 	1. Changing thoughts and behaviors and releasing emotions 2. Would be appropriate for middle/high schoolers 3. Helps to reduce the physical response of anxiety 4. Pros: Getting to choose a color theme was nice. Easy to navigate. Cons: The Clear Fear app may not work with someone who has a bad moment of anxiety and needs help.
5. Calm Harm 	1. Offers activities that are broken up into six categories. Comfort, Distract, Express yourself, Release, Random, Breathe. Within each category there is an activity you can do in place of self harm. Asks whether or not the activity was effective in controlling self harm urges. It asks after the completed selected activity, how strong was the urge? Did the activity help at all? Why did you get the urge? And it lists options in which you can choose from in those categories. 2. Pre teen, teenagers & adults 3. Helpful for addressing/reducing self harm 4. Pros: Lists resources such as services to call in case you do get the urge to self harm. Cons: Limited time to complete each activity. It might take longer for the urge to pass given the specific amount of time you have to complete the activity.
6. Aura 	1. One, three-minute meditation a day 2. Ages 4+ 3. Helpful in increasing mindfulness 4. Pros: daily email reminder. Cons: no full access in free version. Free version doesn't offer a lot- everything is locked until you get the trial and then you will get charged for the year so there is no actual free content.
7. Gratitude 	1. Offers daily affirmations, journaling, gratitude prompts, and affirmation slideshow/video. 2. Appropriate for children 4th grade & above through adulthood. 3. Helpful to increase gratitude, mindfulness & positive thinking overall. 4. Pros: Helpful in reminding one to be mindful of their own blessings. The prompts are helpful to bring up an idea where a blank page would not. No login required. No ads. Passcode Lock. Exporting journal. Has dark mode. Cons: push notifications are a bit obtrusive.

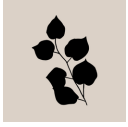
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8. Stop, Breathe, & Think 	1. It allows for you to pick a mission and then an emotion and then practices breathing exercises related to that emotion. 2. Appropriate for ages 6 and up. 3. Can help reduce anxiety, can be used as a coping mechanism, or just as a relaxation tool. 4. Pros: it's very simple to navigate making it easy for younger children to use, the app also provides many different videos based on emotions that a child may be feeling. Cons: You must enter an email which some children may not have and sometimes the app is slow.
9. Moodflow 	1. Moodflow tracks your emotions, activities you engaged in, your sleep, medications, physical and psychological symptoms. It also offers a journal to write in and a subsection to write something you're grateful for daily and physical/ psychological symptoms. Goals can be customized and included. The insight section displays data on all the information you record through the app. 2. Due to the complexity and how detailed this app is I would recommend it for middle school students and up through adulthood. 3. Helpful in regards to goals and mood tracking. Tracking emotions each day can increase awareness of moods & patterns in behavior. For example if there's certain days of the week one feels better on, if one has mood swings they can see how long they last, or if there are certain activities that cause changes in mood. 4. Pro: The paid version of the app is not overly expensive. It is also highly customizable. You can change the colors, background, and how your data is displayed. Con: A large part of the app is behind a paywall and costs about \$3.49 a month or \$2.49 a month for 6 months. The app's layout is a little confusing. The app is better at keeping track of general mood and activities throughout the day but it would be too much to use it to track specific antecedents and consequences unless you only focused on one or two aspects of the app.
10. Breathe, Think, Do 	1. The free version of this app includes a monster from Sesame Street who guides children through situations that they may find frustrating. It reinforces the idea of pausing when you are frustrated, angry, or sad, then thinking about possible solutions, and then doing the best option. The app is also available in Spanish. 2. Appropriate for: 3-6 years old. 3. Could be helpful for children who become dysregulated and have a difficult time with transitions. May be helpful in increasing self-soothing. 4. Pros: This is an engaging way for young children to learn how to take deep breaths and practice mindfulness. It is easy for young children to understand and does incorporate scenarios that are relevant to that age group. There is a Spanish version which makes it accessible for more families. Cons: The app can get somewhat repetitive. It is also very limited to age group.
11. Antistress 	1. When you need relaxation, diversion or just a moment of distraction enjoy this collection of toys 2. Ages 4+ 3. Anti-stress app which will guide you in the management of daily stress and anxiety. Relaxation and stress relief. 4. Pros: Variety of games to find the right one that will be stress relieving for the individual. Cons: Lots of advertisements.
12. Fluid 	1. Play with relaxing fluids with a touch of your fingers. Gorgeous visuals will take your breath away and help you to relieve stress. You can also use the app as live wallpaper. 2. Ages 4+ 3. Appropriate for anxiety and insomnia. 4. Pro: It looks like real flowing water; so if you drag your finger across the screen it looks like you are playing water. Helpful with insomnia. Play relaxing music as soon as the app opens. Con: Music stops playing when the phone locks, but adjusting & increasing the time before phone screen locks through settings can alleviate that. Asks if you want to "try" Fluid 2 every time you open the app. Limited features, mostly focused around music/sound.
13. Insight Timer Meditation 	1. There are different courses for mindfulness, anxiety, sleep and many others. There's 100,000 free meditations of all varieties from music based, to guided and there are live and pre-recorded options. Can pick from a large variety of areas of interest and can create playlists that vary in length with flexible options to do a bunch together or just select one. 2. Appropriate for teens & adults (or children when utilized with parents & there is a kid section with specific content for children). There is an age requirement to join. 3. Helpful with reducing anxiety & improving sleep, mindfulness & meditation. 4. Pros: Fully free, download classes for offline listening, many options for course types. Cons: not designed to be kid friendly
14. Dare Anxiety 	1. Personify anxiety as a little monster. Offers a variety of characters for different problems to help kids conceptualize them. 2. Appropriate for elementary school-aged children. 3. Could be helpful at reducing anxiety & panic symptoms. Can click button that says "SOS" and then select "I am having a panic attack" or other options and an audio file automatically starts based on what you start 4. Pros: Super kid friendly, easy to access in a crisis, download classes for offline listening. Cons: no free content available when actually trying to use it.
15. Daylio 	1. Create goals, set reminders, keep track of mood, keep track of social life/hobbies/sleep/food, show achievements. 2. Appropriate for Ages 12 and up. 3. May be helpful for those who present with anxiety who want to be more organized, as well as those who may have trouble sleeping or want to track moods who notice mood swings and how they affect their activities during the day 4. Pros: Collects data, helps with routine, can set alarms. Cons: Free trial only one week, confusing (lots of options/settings)

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16. Calm 	1. Calm is built on a “freemium” model. Without purchase, you get access to: daily meditations. 2. Appropriate for all ages because there is a portion catered to children as well. 3. The app can be helpful in reducing anxiety, sleep disturbance, some symptoms of depression, and increasing mindfulness. 4. Pros: Large number of options to choose from, calming sounds, music, playlists, stories, and programs. Cons: free version offers very little. One episode per some programs and soundscapes. Need a subscription to access more features.
17. The Grouchies 	1. Free book created to help kids – and their parents – deal with bad moods. 2. Ages 5-10 3. Helps kids exile bad moods; kids will understand how their mood and negativity can affect their family and friends. 4. Pros: Kids will learn effective coping strategies to manage their emotions during a bad mood. Cons: limited availability and only compatible with Apple IOS.
18. Big Dreamers 	1. Help with collaboration parents and children; After kids find their match, it's time to pass the app to the parents to test how well they know their kids' hopes and dreams. 2. High School 3. Big Dreamers helps young people explore career options, discover their dream job and map out how to make it a reality through a 529 college savings plan. 4. Pros: Great future planning for high schoolers. Cons: Only available on Android
19. BellyBio Interactive Breathing 	1. BellyBio (Belly Biofeedback) is a triple innovation in deep abdominal breathing, biofeedback and music. 2. High school and beyond 3. "Abdominal Music Player", BellyBio makes music play in sync with your breathing 4. Pros: Provides a real-time, objective stress-level index based on your breathing pattern. Cons: Only for Apple products and for advanced belly breathers only.
20. Mindshift 	1. Psychoeducation, coping mechanisms, and meditations for a variety of different anxiety disorders 2. Adolescents (middle school-aged & above), adults & parents. 3. Helpful for reducing anxiety 4. Pros: User friendly, a lot of info, toolbox of coping mechanisms. Cons: not suitable for younger children. The application is very text heavy
21. PTSD Coach 	1. Used to manage and track symptoms. If you click on a symptom you can rate your level of distress, which will give you appropriate tools to utilize. Provides tools like mindfulness, deep breathing, and grounding. A lot of resources that educate you about PTSD and therapy. The app also provides a safety plan feature. 2. This app would most appropriately work for teens and adults. Parents can also track their child's symptoms. 3. This app would be good for anyone who has experienced trauma and/or has symptoms PTSD. 4. Pros: Majority of activities are free. Meditations are guided. You can listen to and read along with the meditations. Cons: Can be overwhelming with all of the resources and tools it offers. If you are in the middle of a flashback or an anxiety attack it could be hard to find what you need.
22. Presently 	1. Practice gratitude with this simple, always free, and private gratitude journaling app. Presently lets you: Record daily entries of gratitude, reflect back on your past moments of gratitude and find motivation through quotes and prompts. All features are included with free option 2. Appropriate for middle school and high school aged children. 3. Teaches how to be present in the moment. Practicing mindfulness can boost your memory, increase your focus, reduce stress, improve your emotional fitness and more. 4. Pros: Daily reminders, settings allow for personalization and simply to use, and there is a sharing option Cons: none!
23. The Mighty 	1. World's largest digital health community. We're people who talk about what health is really like — from mental health to chronic illness, disability, rare disease, parenting, neurodiversity, caregiving and so much more. Find and foster the human connections. 2. Appropriate for high school age and adult. 3. May be helpful for those who present with anxiety who want to belong to a community and begin a more healthy lifestyle 4. Pros: Live chat feature available and establishes a sense of community with ease. Cons: not a lot of personalization; have to link to email

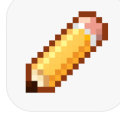
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24. The Rainbow Feeling Bear 	1. Storybook app that teaches children a wide variety of feelings in an easy to follow app. This app is designed to teach children to express their emotions by following the corresponding colors and facial expressions. 10 Feelings included, Narration options (Read to me, Read to myself), How are you feeling activity. 2. For young children with supervision of an adult to guide. 3. Great for young children who may find it difficult to express how they feel. 4. Pros: Great for young children. Con: free version offers very little; only in IOS Apple
25. What's Up 	1. Diary, coping strategies, information geared on anger, info about anxiety, depression, & self-esteem. 2. Appropriate for ages 14 and up. 3. Helps with negative thinking, helps those with anxiety, depression, low self esteem, stress, provides coping strategies 4. Pros: a lot of information, goes into a lot of detail, shows definitions, provides different strategies for each topic containing meaning and examples, everything is free. Cons: overwhelming, not transparent about donation option
26. Simple Habit 	1. Learn How to meditate. Offers yoga. Supports sleep. 2. Age group: 16+, there are bedtime stories for kids but not sure the rest would be good for younger children. 3. Helpful with presenting problems: anxiety, stress, difficulty sleeping, & mindfulness 4. Pros: Easy to follow. White/background noises. Parents can use it with their children. Cons: You have to complete the entire exercise in order to exit. Have to pay to access the whole app; 7-day free trial, some aspect are free even without trial but not all
27. Guided Mind 	1. Over 200+ meditation sounds from 12 guides, meditation is available for over 100+ topics such as panic attacks, PTSD, depression, performance, hope, children, etc. 2. Appropriate for ages 16 and up. 3. May be able to help those who experience panic attacks, PTSD, depression, performance, hope, children, etc. 4. Pros: meditations for any current concerns, easy to navigate. Cons: many meditations can only be purchased.
28. Breathe 	1. Allows you to create a profile based off of individual goals, offers calming music, goal setting, and videos that help with the exact needs of the individual. 2. Appropriate for ages 10 and up. 3. Reduce anxiety, stress, therapy on the go, trouble sleeping, and meditation. 4. Pros: the app offers a diverse range of tools such as; dealing with pandemic stress, whispered bedtime stories, therapeutic movements and so on. Cons: The app can be a bit overwhelming with the amount of videos and resources it provides, it can also be difficult to navigate and understand at first.
29. Pocket Parent/ How to Talk 	1. Seven days of tips & tricks, scripts for addressing different situations, advises on what not to say or do 2. Parents to use with children when conflict arises or school staff when working with children. 3. Helpful for managing difficult feelings, problem solving, improving self-esteem, discipline, and fostering independence. 4. Pros: User friendly, offers additional resources, individualized to specific situations and outcomes, has references to published literature. Cons Only free for a week then \$3.99. English only version.
30. Sandbox 	1. Offers a variety of numbered pictures to color/fill in as mindfulness activities. 2. Appropriate for ages: 8-18. 3. Could be helpful in reducing: anxiety & symptoms of ADHD 4. Pros: a variety of images to choose from, which means there is something for everyone. Cons: very tiny boxes, which can make the process of coloring difficult.
31. Mindful Gnats 	1. The app features eight exercises to raise awareness of body, mind, and world. Designed to teach young people simple mindfulness and relaxation skills. These skills can help to reduce stress, and improve awareness of your body, mind and world. 2. Appropriate for teenagers/adults. 3. Helpful at addressing/reducing stress & anxiety 4. Pros: utilizing breathing and relaxation exercises. The app has different components such as mindfulness of sound. It has many different zones in which you could "chill out". It helps individuals practice mindfulness, and deep relaxation techniques. Cons: there's not really a lot of activities to do and also they are not timed.

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32. Mindful Powers 	1. Award-winning, kid-first, holistic approach to helping young minds learn and practice mindfulness so they can respond more effectively to stressful situations through the power of play. Helps children build a healthier relationship with life, stress, and anxiety. 2. Appropriate for: Ages for 7 and up. It can also be used for adults. 3. Helpful in reducing: anxiety, depression 4. Pros: There are different games and activities that teach mindfulness. Activities are very calming. Kid-friendly. The voice can be helpful as a directional tool. Parent section. Cons: Sound has to be on. May not work as well/be available on android.
33. T2Moodtracker 	1. The app is designed to track mood. 2. Appropriate for older children & adults. 3. Monitor and track emotional health. Developed to easily record and review behavior changes, particularly after combat. 4. Pros: Scales offer a lot of data/metrics. Offers a variety of options & tools. May be a helpful additional tool for someone already in therapy. Cons: The User interface is not particularly intuitive, and it is incredibly time consuming to actually fill out, each potential thing has around 10-15 items to be rated on a likert scale, which adds up to a lot of time if you try to do each of the options daily. It has the potential to become monotonous over time & may be challenging to stay motivated to participate in it daily.
34. Feel Electric 	1. Teaches kids emotions and language skills, which are important building blocks for emotional intelligence. 2. Designed for kids 6 and older, or kids who have some basic reading and spelling skills. 3. Helpful to teach emotional intelligence in young children, coping skills and how to verbally express their feelings. 4. Pros: It is a fun app teaching kids emotion expression skills. Cons: check out educationalappstore.com for more information to download
35. Triangle of Life 	1. This app includes dialogue between characters discussing different issues. The app also has games to play to collect clues about conflict in order to solve problems. The game then has you sort the clues into thoughts, feelings, and behaviors. 2. This app would be appropriate for elementary aged kids. 3. This app could be helpful for kids who struggle with emotional regulation and who don't like to communicate (kids who have experienced trauma) 4. Pros: The app explains thoughts, feelings, and behaviors in a very kid-friendly way. Cons: there is a lot of reading involved so children with challenges with focus or attention might have a hard time sitting through the dialogue.
36. Colorbox (Number Coloring Book) 	1. Free 3 day trial of icons and different pictures to color in. There is a wide range of different pictures from animals to flowers. You can watch ads to get some pictures to color for free. 2. Appropriate for children ages 5-10. 3. The app could be helpful in reducing anxiety by getting children to be more mindful. Coloring is a coping skill and is helpful for emotional regulation. 4. Pros: the app is really easy to use and is great for a wide range of children. It could also be great for adolescents and adults if they are creative! Cons: the app is only free for the first three days. There are also quite a few ads.