



Apps for Youth Mental Health

Calm

Web address: <https://www.calm.com/>

Description: Provides guided meditation sessions in lengths of 3, 5, 10, 15, 20, and 25 minutes. Meditations include “sleep stories,” breathing programs, and relaxing music. Topics include self-esteem, breaking habits, managing stress, relationships, and many more.

Users: 10M+ downloads with 4.3-star average rating (Google Play Store) ***In-App purchases***

Happify

Web address: <https://www.happify.com/>

Description: Provides users with activities and games developed through evidence-based interventions. Utilizes a “Happiness Score” to measure your emotional well-being. Claims 86% of frequent users get happier after two months.

Users: 100K+ downloads with 3.7-star average rating (Google Play Store) ***In-App purchases***

Headspace

Web address: <https://www.headspace.com>

Description: Claims to be the only meditation app providing clinically-validated mindfulness meditation. Provides information, tips, and guided meditation for anger, focus, exercise, and many other targeted areas.

Users: 10M+ downloads with 3.7-star average rating (Google Play Store) ***In-App purchases***

Sanvello

Web address: <https://www.sanvello.com/about/>

Description: Utilizes CBT to address stress, anxiety, and depression through daily mood tracking, guided journeys (audio lessons and exercises), tools to calm your mind, assessments based on mood data, and a community of people who post a wide range of topics (personal strategies, words of encouragement).

Users: 1M+ downloads with 4.5-star average rating (Google Play Store) ***In-App purchases***

To learn more, visit the
School Mental Health Resource and Training Center at
www.mentalhealthEDnys.org or call **518.434.0439**





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MoodPath

Web address: <https://mymoodpath.com/en/>

Description: Designed for people struggling with depression or anxiety. Users update their "Mood Journal" by answering three personalized questions the app asks each day. Statistics of your mood, a journal, and regular reports are given to the user to help them detect patterns and what they need to improve. Resources such as meditations, courses, and sleep aids are available as well.

Users: 500K+ downloads with 4.6-star average rating (Google Play Store) ***In-App purchases***

My3

Web address: <https://my3app.org/#top>

Description: Developed for people who are at high-risk for suicide. People choose three primary contacts for who they can reach out to when they are suicidal. They can create a safety plan of coping strategies and sources of support. The app prides itself on its simplistic and easy-to-read design.

Users: 10K+ downloads with 3.8-star average rating (Google Play Store)

Calm Harm

Web address: <https://calmharm.co.uk/#row1>

Description: App provides activities help manage the urge to self-harm. Developed with ideas from DBT. Activities done by users are private. App can be an aid in treatment, but does not replace it.

Users: 100K+ downloads with 4.2-star average rating (Google Play Store)

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