

Apps for the Mind

Depression

Cognitive behavioral therapy (CBT) apps guide you through one of the most effective treatments for depression: *Moodivate* (\$), *Ginsberg*, *Happify* (\$), and *Activities Mood Tracker*.

Intellicare is a series of free apps that were funded by the National Institutes of Health to treat depression (intellicare.cbhits.northwestern.edu)

Brisk walking for 30-45 minutes a day is the type of exercise that treats depression. Walk at home with video guides: walkathome.com or search for “happy walk” or “walk at home” on YouTube.

Anxiety, Depression, and Stress

Mindfulness: *Headspace* (\$), *Insight Timer*, *Smiling Mind*, *iMindfulness* (\$), and *Mindfulness Daily*.

Deep Breathing: *Breath2Relax*.

Rhythmic Breathing is a form of meditative breathing that has significant antidepressant effects. When practiced daily, it helped people who didn't respond to antidepressants. Search in YouTube for “rhythmic breathing” or “Sudarshan Kriya yoga” to locate video guides to the practice.

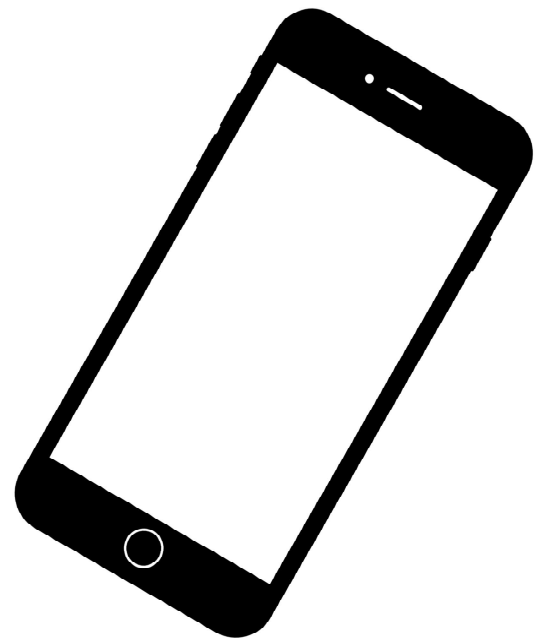
Anxiety Disorders

Panic Relief guides people through effective skills for panic attacks including diaphragmatic breathing, and progressive muscle relaxation (\$0.99 for full version).

Agoraphobia Free helps people out of the paralyzing anxiety that keeps them from leaving the house

AnxietyCoach (\$). Developed by the Mayo Clinic, this app guides you through effective tools for anxiety and worry. It has research to support its benefits.

PTSD Coach. Designed by the National Center for PTSD, allows you to track your symptoms, provides



tools for handling stress when it arises, and links to immediate, human help.

Stress Management

Stress Free and *Virtual Hope Box*
DBT Diary Card and Skills Coach

ADHD

Tile: Allows you to locate objects you commonly misplace (www.thetileapp.com, requires the purchase of a tile-tag, approx \$20)

Stay Focused. A google extension that allows you to limit time on addictive websites.

Sleep

Sleep apps are among the most effective of the lot, with one that is FDA approved for insomnia (*Somnyst* (\$)) and another – that's free – developed by the VA Health system, *CBT-i Coach*.

Several apps attempt to measure your sleep, though they give only a rough approximation: *Sleep Cycle* for iPhone, *SleepBot* for Android, and *Sleep Time*.

Dawn simulators. These apps use your phone's flashlight to wake you up with a virtual sunrise: *Rise & Shine*, *Lichtwecker*.

Mood Charting

Tracking your mood is the best way to help plan and predict your medication response:

eMoods gets good reviews from patients.

BioAffect tracks mood through background measures like typing speed (www.biaffect.com). It is a part of a medical research project, so users need to agree to allow their data to be used in that research.

Med Reminders

Medisafe Pill and Med Reminder

Online Therapy Programs

Depression: moodgym.anu.edu.au

Anxiety: ecouch.anu.edu.au

Bipolar: www.mycompass.org.au

Mindfulness: marc.ucla.edu/body.cfm?id=22

Positive Psychology:

www.authentichappiness.sas.upenn.edu

Suicide: www.metanoia.org/suicide

Self injury: psytaplab.com/tec-nssi

Parenting Skills

www.parentingstrategies.net

www.triplep-parenting.net

www.loveandlogic.com

Cognitive Brain Training

www.lumosity.com

www.elevateapp.com

www.fitbrains.com

www.brainhq.com

www.brainworkshop.sourceforge.net

Addiction

SoberTool. Designed by an addictions therapist, offers tools for cravings, tracks recovery (and tells you how much money sobriety has saved you).

12 Step apps: *12 Steps AA Companion* and *AA Big Book Free*.

Pear reSET-O (\$). FDA approved for opioid use,

Intellidrink (\$). Monitor your alcohol intake and estimates your blood alcohol content.

Other

Know of an app that's made a difference for you?

Let us know

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–Updated 4/7/2023 by Chris Aiken, MD