

Mental Health Apps available to you!

As COVID 19 continues to be front and center in our daily lives, it is important to have resources to combat the stress and anxiety that may come along with it. In addition to Behavioral Health Specialists (counselors, therapists, psychologists, psychiatrists, etc) offering telehealth visits to meet your needs, there are a number of Apps that can also be helpful. Research has shown that Apps have significant potential to deliver and enhance mental health treatment. While there are a few that offer direct treatment, most are available to supplement work that is being done with a trained Behavioral Health Specialist. If you have any additional questions about Behavioral Health Apps or connecting with a Behavioral Health Specialist, please contact your Palmetto Primary Care Physicians provider.



- Free Mindfulness app
- Developed by psychologists and educators
- Different programs for adult, youth, classroom, workplace, etc



- Mindfulness techniques
- Life coaching
- Music



Simple Habit

- Mindfulness exercises
- 5-minute meditations
- Motivational talks



Guided Mind

- 40+ free meditations in various lengths
- Short (-5 minutes), Medium (-15 minutes), Long (+30 minutes)
- 14 free nature soundscapes
- For beginners and experienced mediators



- Developed by psychologists

- DIY Cognitive Behavioral Therapy (CBT)
- Coaching



- Cognitive Behavioral Therapy(CBT) app for addressing fears
- Designed to aid in treatment but not replace treatment





- Specifically designed for teens and young adults
- To help with anxiety, worry, panic test anxiety, social anxiety and perfectionism
- Relaxation exercises



- Provides tasks to help resist or manage the urge to self-harm

- Developed by a clinical psychologist using principles of Dialectical Behavioral Therapy (DBT)



- Gratitude journal

- Daily motivation & inspiration quotes



- Gratitude journal

- Find motivation through quotes and prompts



- Mindful breathing

- Version for kids
- Version for adults and teens

Stop, Breathe, Think



- Free guided breathing app

- Provides a simple peaceful focal point to steady your breathing



- For advance belly breathers only

- Several interactive musical themes



- App for coloring to help with distraction and relaxation

- Large selection of pictures to choose from and can share to Facebook and Instagram





- Games for distraction and relaxation

- 50 different toys/games to choose from





Insight Timer Mediation

- Free app for sleep, anxiety and stress
- Library with various topics: talks, music, relaxation

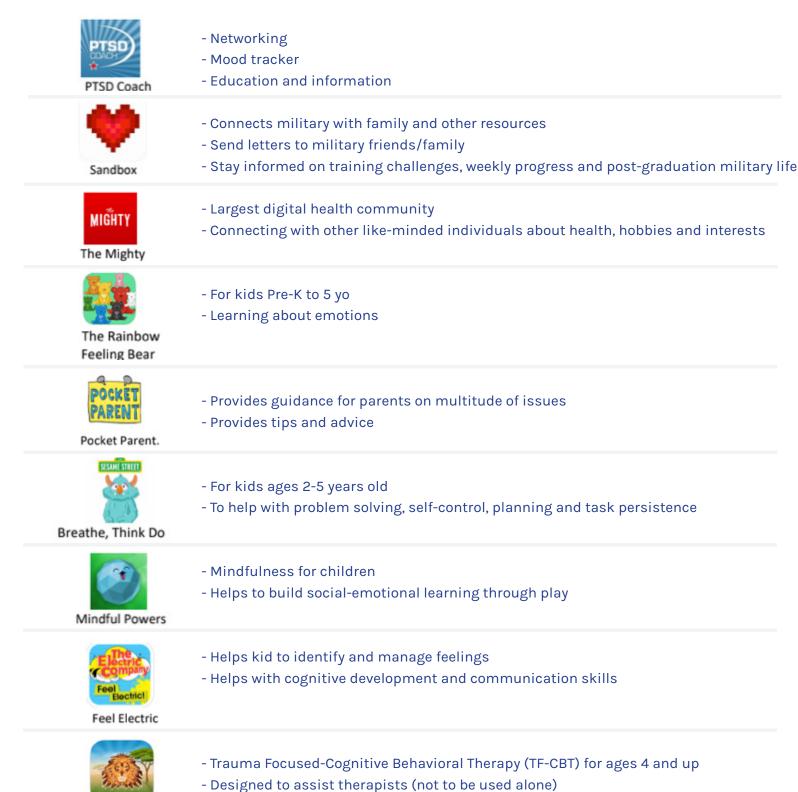


T2Moodtracker

- Mood tracker/log for various issues including:
- Depression
- Anxiety
- PTSD
- Head injury



- Mood tracker
- Helps to discover hidden patterns and create some helpful useful habits



Triangle of Life