



Mental Health Apps

This handout offers a list of apps to help you manage your mental health. This includes problems related to stress, fear, anxiety, depression and sleep. Your family member/partner-in-care may also find these apps helpful to manage their mental health.

These apps are available on the Apple App Store or in Google Play. Apps are listed in alphabetical order. Some apps are free and others require you to pay a fee.

This list is for your information only. The Durham Regional Cancer Centre/Lakeridge Health does not represent or support any organization or individual on this list.

Belly Bio Interactive Breathing App

Use the Belly Bio Interactive Breathing app to practice deep breathing techniques and help reduce your anxiety and stress. This app monitors your breathing when you place your device on your belly (abdomen). It plays music, sounds of ocean waves, and more while you relax. This may help reduce your anxiety and stress.

BetterSleep: Relax and Sleep App

Use the BetterSleep app to help you fall asleep in minutes with relaxing sounds and techniques, sleep meditations, and bedtime stories.

Website: bettersleep.com

Breethe: Sleep and Meditation App

Use the Breethe app to practice breathing exercises and help reduce your stress and anxiety, and improve your sleep.

Website: breethe.com

Calm App

Use the Calm app to meditate and help reduce your stress and improve your sleep. Includes kid-friendly meditations.

Website: calm.com

Colorfy Colouring Book App

Use the Colorfy app to help distract you from feelings of anxiety stress and depression. This app is an online colouring game for adults.

Headspace: Mindful Meditation App

Use the Headspace app to meditate and help reduce your stress and improve sleep. This app also includes a movement section with yoga, dance and more.

Website: headspace.com

Liberate.cx App

Supports the Black community in developing a daily medication habit. Meditations cover topics such as sleep, anxiety, anger, self-worth and ancestors.

MindShift CBT - Anxiety Relief App

Use the Mindshift CBT app to relax, be mindful and develop positive ways of thinking. This can help you manage anxiety, stress, panic, worry and conflict. A community forum offers the ability to find peer-to-peer support.

Website: anxietycanada.com

One-Moment Meditation App

Use the One-Moment app to meditate and help reduce your stress and anxiety. This app can be useful to children as well.

Website: onemomentcompany.com

Tactical Breather App

Use the Tactical Breather app to learn how to manage your body's responses to stress (examples: heart rate, emotions, and concentration) during stressful situations.

Three Good Things App

Use this app to keep a journal of 3 good things that happen to you every day. Research shows that if you write down 3 good things that happen to you every day, your happiness, positivity and well-being increase. This app allows you to share your journal with your family members and friends.

Website: the3goodthings.org

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