

Phone Apps

ADD/ADHD

Evernote

Evernote Corporation (2019)

Free

Available on: [iOS](#) | [Android](#)

Evernote is a planner app that helps its users organize their work in multiple formats, syncs content across devices, and allows for sharing and collaboration.

Depression

BoosterBuddy

Island Health (2017)

Free

Available on: [iOS](#) | [Android](#)

Helps teens and young adults improve their mental health through gamification of daily tasks. Based on different intervention strategies such as cognitive behavioral therapy, meditation, and mindfulness, the program uses a series of games and quests to teach coping skills, follow self-care routines, increase real-life socialization, and establish positive habits.

MoodTools – Depression Aid

MoodTools (2019)

Free

Available on: [iOS](#) | [Android](#)

Helps users with clinical depression improve their mood and functioning using six tools: information, videos for mood improvement, a thought diary, mood improvement activities, a symptom severity test (PHQ-9 depression questionnaire), and a safety plan.

Virtual Hope Box

National Center for Telehealth & Technology (2019)

Free

Available on: [iOS](#) | [Android](#)

Includes tools to help people suffering from depression with coping, relaxation, distraction, and positive thinking. This app can be used in collaboration with a mental health provider to address specific problem areas.

Anxiety

7 Cups: Anxiety & Stress Chat

7 Cups of Tea (2019)

Free

Available on: [iOS](#) | [Android](#)

Provides a chat messaging platform (available via the app or a web browser) for users to receive emotional support and counselling through trained volunteers and self-help tools. There is also a fee-based option to speak with certified therapists.

MindShift CBT – Anxiety Canada

Anxiety Disorders Association of British Columbia (2019)

Free

Available on: [iOS](#) | [Android](#)

Designed to help users cope with anxiety. In addition to providing strategies to deal with everyday anxiety, this app also offers specific tools to tackle issues like social anxiety and perfectionism

Headspace: Guided Meditation

Headspace Inc. (2019)

Free

Available on: [iOS](#) | [Android](#)

Includes hundreds of guided meditations on a wide range of topics, including sleep, focus, and exercise. Users can track their progress and time spent meditating. The free version is limited, but users can subscribe for expanded offerings.

Self-help Anxiety Management

University of the West of England (2017)

Free

Available on: [iOS](#) | [Android](#)

Provides users with a symptom tracker, educational articles, self-help techniques, and social support through a closed social networking function.

PTSD

PTSD Coach

US Department of Veterans Affairs (2018)

Free

Available on: [iOS](#) | [Android](#)

Provides information about PTSD, self-assessment tools, support opportunities, and tools to manage post-traumatic stress.

PTSD Family Coach

US Department of Veterans Affairs (2018)

Free

Available on: [iOS](#) | [Android](#)

Designed for family members of those living with PTSD, this app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get treatment.

Suicide or Self-harm

If you are worried that you are going to hurt yourself please call the distress line (403)-266-4357, or go to the nearest emergency department

Calm Harm

Stem4 (2019)

Free

Available on: [iOS](#) | [Android](#)

Using principles from dialectical behaviour therapy, this app directs the user to “ride the wave” of the urge to self-harm. The user can choose 5 or 15 minute blocks of different activities to overcome urges as they arise.

Self-Heal

University of Oxford (2019)

Free

Available on: [iOS](#) | [Android](#)

Includes information and advice about self-harm, a gallery of mood-boosting pictures, and suggests distraction tasks for crisis management.

Stress

Breathe2Relax

National Center for Telehealth & Technology (2018)

Free

Available on: [iOS](#) | [Android](#)

Includes stress management tools that provide information on the effects of stress on the body and practice exercises for diaphragmatic breathing.

Happify

Happify, Inc. (2019)

Free

Available on: [iOS](#) | [Android](#)

Designed to help adults improve overall well-being and happiness, with influences from positive psychology, cognitive behavioural therapy and mindfulness. Users complete happiness activities to earn points and enter to win prizes.

MindSurf – Manage Stress

Tim Carey (2018)

Free

Available on: [iOS](#)

Based on the Method of Levels, a transdiagnostic cognitive therapy developed by clinical psychologists. The app sends users questions throughout the day to help examine their feelings and thoughts. Users become more aware of their feelings and thoughts, which can help relieve stress and anxiety.

Smiling Mind

Smiling Mind (2019)

Free

Available on: [iOS](#) | [Android](#)

Daily mindfulness meditations to help alleviate stress, anxiety, and depression. Includes programs tailored for different age groups (children, teens, adults) and settings (work, school, sports).

Sleep

CBT-i Coach

US Department of Veterans Affairs (2019)

Free

Available on: [iOS](#) | [Android](#)

Provides strategies to improve sleeping habits and ease symptoms of insomnia. May be used by people engaged in cognitive behavioural therapy (CBT) for insomnia.

InsomniaFix

Behavioral Health Solutions, LLC (2018)

Free

Available on: [iOS](#) | [Android](#)

Provides users with education about insomnia, a questionnaire about their sleep habits, and recommended sleep schedule and instructions. Includes sleep-related alerts and reminders, a daily sleep diary, and sleep analysis.