

# Mental Health and Stress Management Apps & Podcasts

Curated by Augsburg's Center for Wellness & Counseling

## Resources available on CWC's Website

- [Anxiety Support](#)
- [Depression Support](#)

## Mental Health Apps

**Note:** If you have a mental health issue such as depression or anxiety, CWC strongly recommends that you use mental health apps to **supplement** ongoing, one-to-one therapy with a licensed mental health professional.

### MindShift



**Free**, evidence-based mental health resource. Uses cognitive-behavioral therapy. Peer-to-peer support.

- “You can learn how to relax and be more mindful, explore how your thoughts and feelings connect, and see active steps you can take to deal with high-stress moments.” (Therapist.com)
- Helpful for worry, social anxiety, and panic
- Free, available on iOS and Android
- More information: [Anxiety Canada Association](#)

### MoodFit



- Mood journal, gratitude, CBT, breathwork, mindfulness, sleep, nutrition, and more.
- Voted “Best Overall Mental Health App” by VeryWell Mind
- Monthly fee; [scholarships](#) available.
- Available on iOS and Android

### Worry Watch



- Anxiety journal, mood tracker, deep breathing, guided meditation, sensory grounding, guided imagery, affirmations.
- Free with in-app purchases; [iOS](#)

## Virtual Hope Box app



“Designed for use by patients and their behavioral health providers as an accessory to treatment.” ([Apple App Store](#))

- Includes personalized tools for coping, relaxation, distraction, and positive thinking
- Free, available on [iOS](#)

## SAM app



Self-Help App for the Mind

- Manage anxiety, depression, and loneliness
- Monitor your feelings and chart your moods
- Free; available on [iOS](#) and [Android](#)
- More information: [SAM App Website](#)

## PTSD Coach



For people who are suffering from PTSD (post-traumatic stress disorder). Features relaxation skills, positive self-talk and other self-help tools such as ambient sounds, body scan, change your perspective, connect with others, deep breathing, grounding, mindfulness, muscle relaxation, inspiring quotes, positive imagery, sleep tools and more

- Customizable and syncs with your phone
- Free, available on [iOS](#) and [Android](#)
- More information: [VA Mobile Website](#)

## ACT Coach



“Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them.” ([VA Mobile website](#))

- Developed for people who are in Acceptance and Commitment Therapy in consultation with a therapist
- Features exercises, tools, information, and tracking logs
- Free, [iOS](#) and [Android](#)
- More information: [VA Mobile Website](#)

## 7 Cups



- Anonymous, confidential text chat with trained volunteer listeners 24/7
- Community support
- Free; [iOS](#) and [Android](#)
- More information: [7 Cups Website](#)

## MindDoc



For people with depression or anxiety.

- Sections include: Identify your thoughts and feelings, detect your patterns, gain insight on your mental health, and take action.
- Free to download, fee to unlock additional modules/courses; available on [iOS](#) and [Android](#)
- More information: [MindDoc Website](#)

## Bloom: CBT Therapy & Journal



“Bloom teaches you to be your own therapist with self-guided video classes that help you learn and practice therapy tools & techniques designed by leading therapists.” (AppStore)

- Includes videos of “Bloom Talks”, CBT exercises, and feedback
- Features a mood tracker
- Limited free version
- Available on [iOS](#)

## DBT Coach



Helpful for anxiety, depression, moments of high stress, and those dealing with Borderline Personality Disorder.

- Learn & practice Dialectical Behavior Therapy coping skills
- Diary card for skills and target behaviors
- Get support from other people in the DBT community
- Subscription; [iOS](#) and [Android](#)
- More information: [Resiliens Website](#)

## Calm Harm App



Helpful coping strategies for people who experience the urge to self-harm.

- Provides help with breaking the cycle of self-harm behavior, explores triggers
- “supports you in building a ‘safety net’ of helpful thoughts, behaviors, and access to supportive people” ([Western Washington University, 2023](#)).
- free, available on [iOS](#) and [Android](#)
- More information: [Calm Harm Website](#)

## eMoods



Helpful app for tracking moods with bipolar disorder, depression, anxiety, and PTSD.

- detailed mood graphs and charts, helpful for sharing with your therapist and doctor
- identify triggers and patterns to help prevent relapses
- “Takes mood tracking to the next level by giving you rich insights into your moods and their external influences such as weather or daylight hours.” (eMoods.com)
- free level provides granular mood tracking and charts; enhanced and pro level available
- More information: [eMoods Website](#)

## Rootd



Super helpful app for coping with panic attacks.

- press of a red button to activate the app
- short and long term lessons to understand your anxiety
- grounding exercises
- free with in-app purchases; iOS and Android
- More information: [Rootd App Website](#)

## Todoist



Great app for coping with ADHD

- Support in developing healthy habits and self-care
- Free version; pro version available; available on iOS and Android
- More information: [todoist Website](#)

## quitSTART



Great app for smoking cessation

- tools for quitting, can make your own “QuitKit”
- free, available on iOS and Android
- More information: [smokefree.gov](http://smokefree.gov)

## CBT-i Coach



- cognitive behavioral approach to coping with and reducing insomnia
- free, available on iOS and Android
- More information: [VA Mobile Website](http://VA Mobile Website)

## I Am Sober



Support for recovery from chemical dependency.

- sober day tracker
- calculators show how much you've accomplished since becoming sober
- premium version includes community support
- basic version free, premium version at a monthly cost
- More information: [I am Sober Website](http://I am Sober Website)

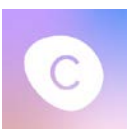
## WorryTree



Great app for coping with chronic worry and anxiety through cognitive-behavioral therapy.

- Write about your worries and take action to help alleviate your worry
- basic version free; premium version available; iOS and Android
- More information: [WorryTree Website](http://WorryTree Website)

## Circles



On-demand emotional support from others struggling with a narcissistic relationship or a break-up.

- 24/7/365
- live conversations always happening, just drop in to listen and share
- 7-day free trial; iOS and Android
- More information: [Circles Website](#)

## Mindfulness Apps

### Insight Timer



Best completely free mindfulness app.

- "world's largest library" of free guided meditations (InsightTimer.com)
- meditation timer, guided meditation sessions for sleep, stress, anxiety, and more
- relaxing music, breathwork, yoga, journaling, mood check-ins, quotes
- free, available on iOS and Android
- More information: [Insight Timer Website](#)

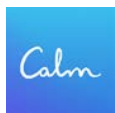
### Headspace



Most popular mindfulness, meditation, and sleep guide app.

- **Student plan is discounted to \$9.99 a year**
- Includes hundreds of guided meditations
- Free and premium versions; available [iOS](#) and [Android](#)
- More information: [Headspace Website](#)

### Calm



Website and app with relaxing nature videos and guided meditations for stress management. Great for sleep help.

- Choose one of many relaxing nature scenes
- Includes 7 Days of Calm, 7 Days of Managing Stress, 7 Days of Calming Anxiety, 7 Days of Sleep, 7 Days of Gratitude, and "Sleep Stories"
- [Calm for Students with an Amazon Prime Account](#) – 3 months free then \$8.99/year
- **Free trial**, then monthly cost; available on [iOS](#) and [Android](#)
- More information: [Calm Website](#)

## Mindfulness Coach



- Features self-guided training, information about mindfulness, 12 audio-guided mindfulness exercises, goal-setting and tracking, a mindfulness mastery assessment, and customizable reminders
- Access to other support and crisis resources
- Free; [iOS](#) and [Android](#)
- More information: [VA Mobile Website](#)

## Stress Management & Relaxation Apps

### HappyFeed



Gratitude journal.

- Encourages reflecting on three good things every day
- Free with in-app purchases; available on [iOS](#) and [Android](#)
- More information: [HappyFeed Website](#)

### Journey



- online journaling
- mood-tracking, happiest moments, shared journals
- free with in-app purchases
- More information: [Journey website](#)
- Compatible with iOS, Mac OS, Web, Chrome OS, and Android.

### How We Feel - A Journal for your Well-Being



- Emotion-tracking, spot patterns over time, learn new ways to help yourself in the moment
- free, iOS and Android
- [How We Feel Website](#)

## Happify



- “developed by therapists and powered by AI” (VeryWellMind.com)
- helps you relieve stress and think more positively
- fun, evidence-based games and activities
- basic version free; premium version at monthly cost; iOS and Android
- More information: [Happify Website](#)

## Breathe2Relax



“Breathe2Relax is a free app that provides information on the effects of stress and a guided exercise in diaphragmatic breathing. The diaphragmatic breathing exercise shows users how to take deep breaths while engaging their diaphragm, which can be used as a stress-management tool.

Breathe2Relax explains how stress impacts the mind and body, and shares the health benefits of relaxation and deep breathing techniques” (ChoosingTherapy.com)

- Free, available on [iOS](#) and [Android](#)

## Breathwk



Helpful introduction to mindful breathing

- useful for calming, energizing, or sleep (you choose)
- 50 breathing exercises
- free version that is pretty helpful; premium version available
- More information: [Breathwrk Website](#)

## ThinkUp



Record your own positive affirmations in your own voice.

- Choose to have them randomly played whenever you are listening to music
- You can also schedule them to show up throughout your day at specific times
- Free and premium version at monthly cost, available on [iOS](#) and [Android](#)
- More information: [ThinkUp Website](#)



# Apps for coping with suicidal thoughts

## A Friend Asks



“A Friend Asks’ is a FREE smartphone app that helps provide the information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.” ([The Jason Foundation, 2023](#))

- Free; available on [iOS](#) and [Android](#)
- More information: [The Jason Foundation Website](#)

## Podcasts to check out



Image by [Font Awesome Free](#)

## General Mental Health

- [Unlocking Us](#)- Social work researcher Brene Brown’s podcast on relationships and mental health
- [We Can Do Hard Things](#) with Glennon Doyle (many topics are on mental health such as anxiety and eating disorders, relationships, and empowerment for women)
- [Feel Better, Live More](#) with Dr. Rangan Chatterjee
- [Ten Percent Happier](#)- Dan Harris (on retraining your brain for happiness)
- [Happiness Podcast](#)- Dr. Robert Puff PhD
- [Cleaning Up the Mental Mess](#)- Dr. Caroline Leaf (neuroscientist)
- [Being Well](#)- Dr. Rick Hanson and Forrest Hanson
- [The Daily Meditation Podcast](#)
- [All in the Mind](#)
- [Inside Mental Health](#)
- [The Brain Warrior’s Way](#)- Dr. Daniel Amen (ADHD, anxiety, depression and more)
- [The Happiness Lab](#) with Dr. Laurie Santos
- [Happier](#) with Gretchen Rubin
- [Hidden Brain](#)- "explores the unconscious patterns that drive human behavior and questions that lie at the heart of our complex and changing world." ([Hidden Brain Media](#), 2022). Includes many useful topics to mental health, such as "Cultivating Your Purpose", "Our Pursuit of Happiness", "Seeking Serenity", "You 2.0 Deep Work", "Where Happiness Hides", "Red Brain, Blue Brain", and "Reframing Your Reality".
- [Inside Mental Health](#)

## BIPOC Mental Health

- [The Homecoming Podcast](#)- Dr. Thema

- [Therapy for Black Girls](#)- Dr. Joy Harden Bradford
- [Hmong Mental Health](#) podcast with local psychologist Dr. Alyssa Vang
- [The Melanated Social Work Podcast](#)- Four men of color within the field of social work: Josh McNeil, Marvin Toliver, Michael Grinnell, and Jesse Wiltey
- [Savvy Psychologist](#)- Dr. Monica Johnson
- [Latinx Therapy](#)- Adriana Alejandre, LMFT
- [Black Feathers](#) Native American mental health and disability
- [Muslim Mental Health](#) podcast
- [Asians Do Therapy](#) podcast
- [The Latinx Mental Health Podcast](#)
- [Indigenae Podcast](#) Indigenous wxmen's health and well-being

## LGBTQIA+ Mental Health

- [Gay Therapy](#) by Ken Howard LGSW
- [We Can Do Hard Things](#) with Glennon Doyle and wife Abby Wambach
- [The Trans Experience](#)
- [My Therapist is Out!](#) podcast

## Anxiety

- [Talking Back to Anxiety](#)- Kimberly Quinlan, LMFT
- [Not Another Anxiety Show](#)- Kelli Walker
- [Feeling Good](#)- Dr. David Burns (rational emotive therapy techniques for depression and anxiety)
- [Social Anxiety Solutions](#)
- [The Joy of Procrastination](#)

## Depression

- [Feeling Good](#)- Dr. David Burns (rational emotive therapy techniques for depression and anxiety)
- [The Hilarious World of Depression](#)
- [Terrible, Thanks for Asking](#)

## Relationships

- [Dear Sugars](#) (advice)
- [The Boundaries.me Podcast](#)- Dr. Henry Cloud Benefits of healthy boundaries
- [Where Should We Begin?](#)- Esther Perel (couples therapist)

## Addiction

- [Recovery Road](#)- Hazelden Betty Ford Recovering from substance use disorders
- [Recovery Rocks](#)

## Sleep

- [Sleep With Me](#) (insomnia help)
- [Sleep Cove](#) (guided meditations to get a good night's sleep)
- [Tracks to Relax](#) Sleep meditations podcast

## ADHD

- [I Have ADHD](#) from a psychologist with ADHD
- [Dr. Hallowell's Wonderful World of Different](#)

## Autism/Asperger's

- [The Thrive with Asperger's Podcast](#)
- [Uniquely Human](#)
- [Neuroversity](#)

## Eating

- [The Eating Disorder Recovery Podcast](#)- Dr. Janean Anderson
- [PeaceMeal podcast](#) – The Emily Program
- [The Recovery Warrior Show](#)
- [Food Psych](#) Make peace with food and break free from diet culture
- [iWeigh](#) with Jameela Jamil Inclusive podcast

## Grief

- [Grief Out Loud](#)
- [All There Is](#) with Anderson Cooper
- [GriefCast](#)
- [Give Grief a Chance](#)