

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](#)
- [Skills to Feel Better Now!](#)

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.

Sanvello



If you use your Augsburg email account to sign up, you can get access to the premium meditation library for free!

- Great app for anxiety, depression, and stress management, developed by mental health professionals; includes an online support community
- Basic app is free and has many good tools such as mood tracking, tracking daily health habits, and meditations
- “Guided journeys” developed by experts help you build coping skills
- Free and premium versions; available on [iOS](#) and [Android](#)
- More information: [Sanvello Website](#)

MindShift



Free, evidence-based mental health resource. Helps you manage your anxiety.

- Uses Cognitive Behavioral Therapy (CBT)
- “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](#)

SAM app



Self-Help for Anxiety Management.

- Click "Help for anxiety NOW" for panic support
- Features useful anxiety management tools
- Start with "My anxiety toolkit" to create your own personalized anxiety management tool
- Free; available on iOS and Android
- More information: [SAM App Website](#)

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](#)

PTSD Coach



Designed for (but not limited to) veterans and military service people who are suffering from PTSD, this is a free app that provides information about the subject, offers practical solutions, as well as explaining what professional care and support is available. ([de Noam, 2023](#))

- 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



"Aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them." ([U.S. Department of Veterans Affairs, 2020](#))

- 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](#)

What's Up



Uses Cognitive Behavioral Therapy & Acceptance Commitment Therapy methods ([Tempra, 2021](#)).

- Assists with coping with Depression, Anxiety, Anger, Stress
- Easy-to-follow
- Includes forums, breathing techniques, habit tracker, and more
- Free, [iOS](#) and [Android](#) (small contribution requested)

7 Cups



Anxiety and Stress chat.

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

MindDoc



“Geared towards helping people with depression or anxiety.” ([Oehler, 2020](#)).

- Includes a digital journal, mood tracker, audio files
- Articles are also available that are focused on building positivity and self confidence
- Free to download, fee to unlock additional modules/courses; available on [iOS](#) and [Android](#)
- More information: [MindDoc Website](#)

Bloom: CBT Therapy & Journal



“CBT skills are taught in an engaging, non intimidating way for beginners.” ([ChoosingTherapy.com, 2022](#))

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

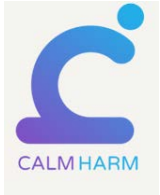
DBT Coach



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.

- 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](#)

Rise Up + Recover



Helpful app for eating disorders

- self-monitoring
- meal logs
- emotional and behavioral check-ins
- use in conjunction with therapy support
- free, available on iOS and Android
- More information: [Recovery Warriors 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](#)

CBT-i Coach



- cognitive behavioral approach to coping with and reducing insomnia
- free, available on iOS and Android
- More information: [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](#)

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](#)

Circles



On-demand emotional support from others struggling with stress and mental health.

- anytime, anonymous, free
- live conversations always happening, just drop in to listen and share
- many topics available, including mental health, grief, LGBTQIA+, disability, autism, body image, chronic illness, divorce, narcissistic relationships, etc. If you can't find your topic, start a "room" for it.
- free, no credit cards required; iOS and Android
- More information: [Circles Website](#)

Mindfulness Apps

Sanvello



If you use your Augsburg email account to sign up, you can get access to the premium meditation library for free!

- available on [iOS](#) and [Android](#)
- More information: [Sanvello Website](#)

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](https://InsightTimer.com)

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](https://Headspace.com)

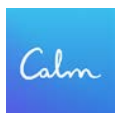
Shine



Mindfulness and wellness app.

- Developed to include BIPOC and LGBTQIA+ communities.
- daily meditations and self-care courses
- note Shine was recently acquired by Headspace Health (2023) and will at some point be fully included in Headspace and only available there.
- Yearly subscriptions; iOS and Android
- More information: [Shine App Website](https://ShineApp.com)

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"
- **Free version**, and premium version at monthly cost; available on [iOS](#) and [Android](#)

- More information: [Calm Website](#)

Mindfulness Coach



“Mindfulness Coach 2 was developed to help Veterans, Service members, and others learn how to practice mindfulness.” ([U.S. Department of Veterans Affairs, 2020](#))

- 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](#)

Breathe

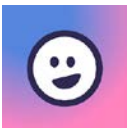


1 minute meditation app.

- Includes deep breathing techniques
- Assists with managing stress/anxiety
- Free; [iOS](#)
- More information: [Breathe Website](#)

Stress Management & Relaxation Apps

HappyFeed



Gratitude journal.

- Encourages reflecting on three good things every day
- free; available on [iOS](#) and [Android](#)
- More information: [HappyFeed 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](#)

Breathwrk



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

BetterStopSuicide



- self-care tools, activities, and resources for people coping with suicidal thoughts
- free, available on iOS and Android
- More information: [The Better App Company Website](#)

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 (on Spotify; no new episodes but old ones are fantastic!)
- [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)
- [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](#)
- [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

LGBTQIA+ Mental Health

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

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](#)
- [Tracks to Relax](#)
- [The Joy of Procrastination](#)

Depression

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

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
- [The Sober Therapist](#)- Lynn Matti (Clinical Counselor)

Sleep

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

ADHD

- [I Have ADHD](#) from a psychologist with ADHD

Autism/Asperger's

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

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