

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.



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
- Free to download with in-app purchases; available on [iOS](#) and [Android](#)



Free, evidence-based mental health resource.

- Uses Cognitive Behavioural Therapy (CBT)
- Helps with learning to relax, engaging in mindfulness and developing more effective ways of thinking
- Emphasis on active steps to reduce anxiety
- Free, available on iOS and Android



"An artificial intelligence (AI) 'emotional health assistant.'" ([Oehler, 2020](#))

- Free resource that allows you to have text message conversations with the app

- Provides feedback
- Assists with developing more personalized treatments for conditions like depression and anxiety
- Free; available on [iOS](#) and [Android](#)



Moodpath

“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; available on [iOS](#) and [Android](#)



Bloom

“A great combination of everything you want in a therapy app.” ([Oehler, 2020](#))

- Includes videos of “Bloom Talks”, CBT exercises, and feedback
- Features a mood tracker
- Try it for free for a three-day trial; \$60 per year following
- Available on [iOS](#)



SAM app

Self-Help for Anxiety Management.

- Click “Help for anxiety NOW” for panic support
- Features useful anxiety management tools
- Start with “Self-Help with SAM” to create your own personalized “My anxiety toolkit”
- Free; available on [iOS](#) and [Android](#)



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](#) and [Android](#)

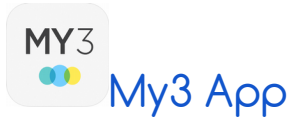


PTSD Coach

“Includes education about PTSD... professional care... opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.” ([U.S. Department of Veterans Affairs, 2020](#))

- Features relaxation skills, positive self-talk and other self-help strategies

- Customizable and syncs with your phone
- Free, available on [iOS](#) and [Android](#)



Create a coping plan and lists of supports (your "3") for times when you are feeling suicidal.

- Add contacts and important resources within the app to build a safety plan and get support when you need it
- Free, available on [iOS](#) and [Android](#)



Helpful for anxiety, depression, acute stress, and those dealing with Borderline Personality Disorder.

- Learn & practice Dialectical Behavior Therapy skills
- User friendly diary card for skills and target behaviors
- Track your progress, get motivated to obtain new skills, and complete exercises and practice ideas
- Engage with other members of the DBT community
- Subscription currently \$11.99/ month or \$59.99 every six months; [iOS](#) and [Android](#)



"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](#)



Uses Cognitive Behavioural Therapy & Acceptance Commitment Therapy methods (Tempra, 2016).

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



Information, tools and resources to help a friend (or yourself) who may be struggling with thoughts

of suicide.

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



Anxiety and Stress chat.

- Anonymous, confidential text chat with trained volunteer listeners.
- Community support
- Free; [iOS](#) and [Android](#)

Mindfulness Apps



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

- 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 and in-app purchases; available on [iOS](#) and [Android](#)



Mindfulness, meditation, and sleep guide app.

- Student plan is discounted to \$9.99 a year
- Includes hundreds of guided meditations
- Free and in-app purchases; available [iOS](#) and [Android](#)



Animated breathing guide.

- Gently slows the pace of your breathing.
- \$4 one-time purchase; available on [iOS](#) and [Android](#)



"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](#)



1 minute meditation app.

- Includes deep breathing techniques
- Assists with managing stress/anxiety
- Free; [iOS](#)

Stress Management & Relaxation Apps



Gratitude journal.

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



Learn how to perform and use diaphragmatic breathing techniques for stress control.

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



Daily self-affirmation text sent to your phone.

- Free; [iOS](#) and [Android](#)



Record your own positive affirmations in your own voice.

- You can have them randomly played when you are listening to music
- You can also schedule them to show up at set intervals during the day
- Free, available on [iOS](#) and [Android](#)



“Woebot is an AI service that lets you message a bot, which responds with encouraging, thought-provoking feedback throughout the conversation.” (Oehler, 2020).

- Features cognitive behavioral therapy techniques
- Free; available on [iOS](#) and [Android](#)



Self-care app for women.

- Guided audio sessions, 1:1 messaging, self-discovery journal, mood tracker, daily Flourish podcast, supportive community
- Limited free content; premium version \$9.99/month or \$59.99 yearly; available on [iOS](#) and [Android](#)



Create vision boards for your future goals.

- Free, [iOS](#)

Podcasts to check out



Image by [Font Awesome Free](#)

General Mental Health

- [Unlocking Us](#)- Brene Brown’s podcast on vulnerability and resilience
- [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)

BIPOC Mental Health

- [The Homecoming Podcast](#)- Dr. Thema
- [Therapy for Black Girls](#)- Dr. Joy Harden Bradford
- [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. Jade Wu
- [Latinx Therapy](#)- Adriana Alejandre, LMFT

Anxiety

- [Your Anxiety Toolkit](#)- 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

- [Distraction](#)- Dr. Ned Hallowell on ADHD

Autism/Asperger's

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

Eating

- [The Eating Disorder Recovery Podcast](#)- Dr. Janean Anderson
- [The Recovery Warrior Show](#)
- [Food Psych](#)

Grief

- [Grief Out Loud](#)