

USEFUL APPS

CBT APPS:

MoodGym was one of the first interactive websites to help with treating depression. It uses Cognitive Behavioral Therapy (CBT) to help you take more control of your thoughts, to help overcome anxiety or depression, and to develop skills to cope better with life. You can work together with one of the Drop of Life therapists to change these unhelpful thinking patterns and alleviate distress.

MoodKit is an app that looks at helping you to improve your mood and to become your own expert with the wisdom and guidance of MoodKit at your fingertips. It is a useful toolkit to help young people to improve their mood, recording events and feelings, and rating their mood along the way. It also allows you to email your clinical psychologist and let them know how you are feeling each day or week.

iCope is an app that has been developed by mental health nurses. It offers you alternatives to deliberate self-harm by providing practical and easy steps to distract, displace and seek-help, all at the touch of a button and accessible at all times.

CBT4kids is an app was developed by two Clinical Psychologists to provide evidence-based therapy tools that are easy to use and appealing to children aged 6 - 12 years. CBT4Kids modules have been designed to engage children in the therapeutic process by helping to build rapport and by providing a vehicle to communicate thoughts, emotions and experiences through current familiar technology.

Talking Anxiety is an app that teaches you how to manage anxiety face-to-face from the experts – people who've 'been there' and discovered techniques that really work and complement medical therapy. The app includes video of people explaining the tips that worked for them, 4 sections cover a comprehensive range of topics, quizzes to test your own progress, and an optional Daily Tip sent to your iPad or iPhone.

Useful Apps

CBT APPS:

The Emotion Diary is an app that records your emotions each day and track changes or patterns over time.

iCounselor is your portable self-help tool. This app looks at teaching you skills to resist obsessions and compulsions!

SELF ESTEEM AND POSITIVE PSYCHOLOGY APPS:

Body Beautiful App helps you cultivate a positive self-image and encourage true beauty with inspirational quotes, media articles, videos and tools.

Live Happy App helps you boost your overall happiness by engaging in simple activities that have been scientifically proven to improve psychological well-being.

SuperBetter App helps you achieve your health goals or recover from an illness or injury by increasing your personal resilience.

MINDFULNESS MEDITATION APPS:

Mnf App helps you to stop making excuses for not meditating. This is simply the best way to learn and enjoy mindfulness meditation - and it's always in your pocket for short breaks, trips, and outdoor practice!

CalmDown is a very simple application to help you focus and relax.

MyCalmBeat is a Brain Exercise by MyBrainSolutions.com that helps improve your ability to manage stress through slow breathing. Slow breathing allows you to increase the variability of your heart rate to decrease stress, improve focus and build resilience.

Mind jar App is a simple visual tool for primary and secondary school children to mindfully reduce anxiety and tension.

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Smiling Mind App is meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere and everyday. This unique web and App-based program developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs.

Headspace Headspace is your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills from world-class experts like Headspace co-founder Andy Puddicombe, and choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, focus, and mind-body health.

PARENTING APPS:

Chore Pad HD is a powerful, fun tool for motivating your kids to complete chores. Each child completes their assigned chores to earn stars which are redeemable for rewards that you create! Give bonus stars for a job well done or penalty stars to let your child know they should strive to do better. There is also no adds and in-app purchases.

APPS FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS:

My Life Skills Box allows a child to learn about life. This application teaches your child the necessary skills for three very important environments.

- Everyday life skills – are activities such showering, getting dressed, brushing teeth, and appropriate behavior in public and school environments.
- Social skills - your child will learn techniques to cope with different social situations and problem solving.
- Playing with Functional Objects – the child will learn how to use objects for play.

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Model me kids Model me kids has a great range of apps for children with special needs.

Model Me Going Places™ is a great visual teaching tool for helping your child learn to navigate challenging locations in the community. Each location contains a photo slideshow of children modeling appropriate behavior.

Draw Emotions is the first iOS Application that allows to draw emotions on a character's face and helps children with autism to understand face expressions.

Emotions from I Can Do Apps is an educational tool designed in collaboration with a Speech Language Pathologist that allows you to introduce new concepts, practice identifying emotions, taking perspective / theory of mind, in a fun and simple way. This app focuses on helping individuals identify different facial expressions using real faces and test their understanding of emotions. Emotions include - happy, sad, scared, surprised and angry. This application is designed to be used by clinicians, families, educators and individuals with Autism Spectrum Disorder, social language disorders and behavioural challenges.

MISCELLANEOUS:

Pillboxie is the easy way to remember your meds. This app is easy because it lets you visually manage your meds. Scheduling a reminder is as easy as dropping a pill into a pillbox.

SMS Tips from ReachOut.com regularly offers SMS message campaigns with daily messages or challenges for a theme (like stress!), sent each day to your phone. Each campaign goes for fourteen days. You need to be a member of ReachOut.com to get SMS tips.