

Apps

Technology can be a great help if we use it right! There are many downloadable apps that can help with managing your own stress, learning more about mental health, and topics like depression, anxiety and staying connected with resources. These apps are a great place to start. Download one and try it. If you don't like it you can try another. It's all about trial and error.



Always There - Some things can be hard to say out loud. If you need a little one-on-one time with someone who gets what's going on in your life, you can connect directly with a Kids Help Phone counsellor through the Always There chat app.



Breathe2Relax - Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.



Calm - Calm is a leading app for meditation and sleep. Join the millions experiencing lower stress, less anxiety, and more restful sleep with our guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music



Calm Harm - Calm Harm provides tasks to help you resist or manage the urge to self-harm. Get started by setting your password so that it's completely private.



Calm Fear - Clear Fear provides you with a range of ways to manage anxiety.



Emergency Chat App - Emergency chat can be used in any situation where speech is impossible but communication is still necessary.



eMoods - a private and easy to use mood tracker and diary for journaling, graphing, reporting, and managing symptoms related to Bipolar, Depression, Anxiety, and other mood disorders. Start tracking, notice your triggers, and take control of your mood and other symptoms!



Flowy - A mobile game designed to help you handle your anxiety and panic attacks. Flowy is uniquely designed game controlled by your breath. It uses the science of breathing to calm you down!

Android only



Guided Mind – Guided imagery that allows you to choose from various topics. Many Guided meditations are free, while some cost about \$1-\$3.



Happify - Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.

Android only



Headspace - Get the most out of your day with the Headspace meditation app. We'll help you focus, breathe, stay calm, perform at your best and get a better night's rest through the life-changing skills of relaxation, meditation and mindfulness. In just a few minutes a day, you'll learn how to train your mind and body for a healthier, happier, stress-free life.



HealthyMinds - HealthyMinds is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus. The goal: Keeping your mind healthy.



Insight Timer - Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more



Mindshift - Is anxiety getting in the way of your life? MindShift uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.



Moodpath - Do you struggle with some of your thoughts and emotions? Are you looking for ways to improve your emotional well-being? Moodpath is your personalized mental health companion and supports you in phases of stress, depression, and anxiety.

Android only



Moody – Mood tracker & journal - Moody lets you track your moods and keep a private journal with just a few taps. No typing required!

Apple Only



PTSD Coach - PTSD Coach Canada provides you with information and self-help tools based on research findings. The app can be used as an education and symptom management tool, prior to, or as part of face-to-face care with a mental health professional. Family and friends can also learn from this app.



The Action For Happiness App – This app sends you uplifting and mindful quotes throughout the day. It also has the action for happiness calendars available.

Android only



Woebot - Always on-hand to have a quick chat whenever and wherever you need day or night, Woebot can help your through difficult moments. Have a friendly expert in your pocket work with you to improve your mental health!



5 Min Journal - The Five Minute Journal is the simplest thing you can to start your day happier. Based on proven positive psychology research, it focuses your attention on the good in your life and helps you set purposeful action in just 5 minutes a day! It's the journal that WORKS.

