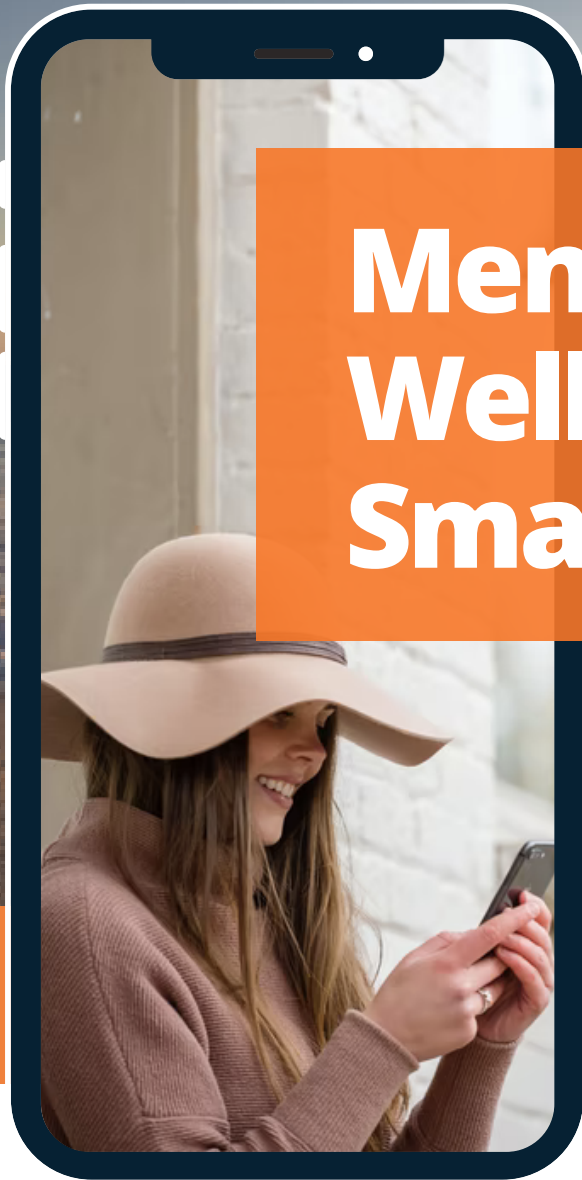




Mental Health & Wellness Smartphone Apps



Don't Worry, Be Appy!

***Your smartphone
can be a powerful
tool for improving
your overall
mental health and
wellness!***

This guide includes some of the BEST and most credible apps available with ratings from One Mind Psyber Guide research center at UC Irvine. Each app is rated on credibility, user experience (U.E.) and transparency, and includes a short description to let you know what to expect from the app.

To stay up-to-date on new apps as well as frequent changes made to app ratings and availability, visit: WWW.ONEMINDPSYBERGUIDE.ORG/APPS/

STRESS, ANXIETY, & DEPRESSION



Happify: for Stress & Worry

Happify is a wellness app that offers science-based activities and games to help you reduce stress and anxiety, overcome negative thoughts, and improve your emotional well-being

Credibility: 5/5 | **U.E. :** 4.59 / 5 | **Transparency** = Acceptable

FREE or by subscription for \$14.99/month



Mood Mission

MoodMission is an app that offers mood-boosting activities aimed to help users experiencing stress, anxiety, or an overall low mood. "Missions" range from meditations, fitness activities, affirmations, yoga, gratitude, and more!

Credibility: 4.67/5 | **U.E. :** 3.94 / 5 | **Transparency** = Acceptable

App available for purchase for \$4.99



Sanvello: Anxiety and Depression

Sanvello is an app designed to help users with symptoms of anxiety, depression, and stress. It tracks users progress over time & provides personalized activities including coaching, coping techniques, meditations, goal and mood tracking & more!

Credibility: 4.33/5 | **U.E. :** 4.58 / 5 | **Transparency** = Acceptable

FREE or by subscription at \$8.99/month

MEDITATION / MINDFULNESS



Headspace

Headspace is a popular app that offers guided meditation, sleep meditation, & breathing exercises. There are hundreds of meditations that are broken down by goals including managing anxiety, increasing focus & productivity, relaxation, improved sleep and more!

Credibility: 5/5 | **U.E. :** 4.97/ 5 | **Transparency** = Acceptable

Available by subscription at \$12.99/month



Calm

Calm is a mindfulness meditation app for beginners that offers guided meditations, Sleep Stories (for adults and kids!), breathing programs, stretching exercises, and relaxing music.

Credibility: 4.67/5 | **U.E. :** 4.5/ 5 | **Transparency** = Acceptable

Available by subscription at \$14.99/month



Shine

Shine is a self-care and meditation app designed to calm feelings of stress and anxiety. It was founded by two women of color and offers community support and specialized content to address BIPOC-specific mental health problems. The app includes over 1,000 meditations personalized to your needs on a variety of topics

Credibility: 2.67/5 | **U.E. :** 3.89 / 5 | **Transparency** = Acceptable

Available by subscription at \$14.99/month

WEIGHT LOSS



MyFitnessPal

MyFitnessPal is a health and fitness app that helps users build healthy habits and reach their weight goals. It has a huge food database available with over 14 million foods, making it easy for users to accurately log everything they eat. Users are able to set customized goals, track their progress, and monitor their calorie and macro intake.

Available for FREE or by subscription



Lose It! - Calorie Counter

Lose It! Is a calorie counting app designed to help you reach your weight loss goals by tracking your nutrient intake and daily activity with ease. You can join in fun challenges by yourself or with friends, personalize the look of your Lose It! App, and keep a database of your own meals and recipes.

Available for FREE or by subscription

MENTAL WELLNESS BRAIN GAMES



CogniFit

CogniFit is an interactive mental game app that helps users improve cognitive function through personalized Brain Training Programs. Users can choose from brain challenges, memory games, puzzles, ingenious games, and more to target memory, attention, concentration, executive functioning, mental agility, and many other cognitive abilities

Credibility: 4.67/5 | **U.E. :** 4.24 / 5 | **Transparency** = Acceptable

Available by subscription at \$19.99/month



SuperBetter

SuperBetter is a gamified app designed to help users build resilience, achieve goals, and manage challenges such as anxiety, depression, stress, and chronic pain.

Credibility: 4.67/5 | **U.E. :** 4.39 / 5 | **Transparency** = Acceptable

Available for FREE

OTHER MENTAL HEALTH APPS



PTSD Coach

PTSD Coach is an app designed for users experiencing posttraumatic stress disorder (PTSD). It provides educational information about PTSD, tools and skills for managing everyday stress with PTSD, information about professional care, opportunities for support and allows users to track their symptoms over time

Credibility: 4.67/5 | **U.E. :** 3.9 / 5 | **Transparency** = Acceptable

Available for FREE



GG OCD

GG OCD aims to help users reduce symptoms of anxiety and OCD by increasing the users awareness of negative thoughts and training the brain to challenge them. The app is broken down into more than 40 “levels” (15 of which are free) that contain a variety of topics and themes including self-esteem, negative thinking, perfectionism, fear of contamination, social fears, self-criticism, fear of abandonment, emotions, and more.

Credibility: 4/5 | **U.E. :** 3.7 / 5 | **Transparency** = Acceptable

Available for FREE or by subscription at \$11.99 / month



Sleep Cycle - Sleep Tracker

Sleep Cycle is a smart alarm clock designed to gently wake you up while you're in your lightest sleep phase. It also analyzes users sleep patterns, and detects snoring, sleep talking, coughing and other sounds. Premium features include access to relaxing sleep sounds and story library.

Available for FREE or by subscription at \$29.99/year

