

## Mental Health Applications for Smartphones, Tablets, and Smartwatches

### Self-Care Applications:

**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. Download it in the [Apple Store](#) or in the [Google Play](#) store.

**PTSD Coach** - PTSD Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. Download it in the [Apple Store](#) or in the [Google Play](#) store.

**SAM: Self-Help for Anxiety Management** - SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource. Download it in the [Apple Store](#) or in the [Google Play](#) store.

**Headspace** - Get happy. Stress less. Sleep soundly. Headspace is your guide to everyday mindfulness in just a few minutes a day. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health — including short SOS meditations for when you're on the go. Download it in the [Apple Store](#) or in the [Google Play](#) store.

**Youper** - Are you trying to calm your mind? Sleep better? Be happier? Created by a team of doctors, scientists, and engineers led by Dr. Jose Hamilton, Youper uses artificial intelligence (AI) to personalize various techniques to you. It incorporates strategies from Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Mindfulness, and other approaches. Download it in the [Apple Store](#) or in the [Google Play](#) store.

## Apps for Kids During Quarantine:

**Epic!** – Free for elementary school teachers and school librarians worldwide. Used in over 90% of elementary schools, Epic! brings an award-winning digital library into every classroom. Epic! motivates young readers with badges and rewards, and teachers assign books and track each student's reading progress. Download it in the [Apple Store](#) or in the [Google Play](#) store.

**Noggin** - Noggin is the only subscription service where learning is led by the trusted Nick Jr. characters your kids know and love. When you subscribe to Noggin, you'll get access to an ever-expanding library of eBooks, learning games, interactive episodes, activities, and exclusive shorts developed by curriculum specialists. Download it in the [Apple Store](#) or in the [Google Play](#) store.

**Dave and Ava Learn and Play**- This interactive app includes educational games and nursery rhymes, all-in-one solution for early childhood education. Discover lots of ad-free activities and master ABC's, phonics, numbers, counting, spelling, letter tracing, vocabulary, music and much more. Download it in the [Apple Store](#) or in the [Google Play](#) store.

**Stop, Breathe, & Think Kids** - From the creators of the award-winning app for adults, Stop, Breathe & Think Kids is a mindful games app designed specifically for kids ages 5 - 10. Kids can check into how they are feeling using fun emojis and try recommended mindful missions and meditations tuned to those emotions. Stickers reward their progress and keep the mindful activities engaging. Download it in the [Apple Store](#) or in the [Google Play](#) store.

## Other Ideas for Positive Use of Technology:

**Endel for Apple Watch** – Endel creates personalized soundscapes to give your mind and body what it needs to achieve total immersion in any task. The app has four modes; Relax, Focus, On-the-Go, and Sleep. Download it in the [Apple Store](#).

**Podcasts** – Podcasts are a great way to gain knowledge, feel connected, and relax. There are sports, religious, comedy, family, news, and science fiction podcasts available. This can be a great way to be entertained in a time of quarantine.

**YouTube** – YouTube offers educational videos, workout videos, entertainment videos, video blogs, and more. If you're looking for a way to help time pass by, YouTube is a great free resource for getting active, informed, or entertained.