

Mobile Mental Health Apps

Here is a list of free apps that can be helpful for many types of life struggles. Check your app store for these titles and download to your phone or tablet.

Relaxation Skills

Bellybio

- For iOS only
 - For ages 10+
 - For issues: breathing, relaxation, abdominal pain, bloating, constipation
 - Biofeedback app (place phone on stomach)
 - Colors and sounds used to provide feedback
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Breathe2relax

- For iOS and Android
 - For ages 10+
 - For issues: stress and anxiety
 - Mostly education
 - Step by step instructions on how to do successful diaphragmatic breathing
 - Useful for most any language.
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Mindfulness Coach

- For iOS only
 - Guided mindfulness audio recordings and teaching about mindfulness
 - Most helpful for mild anxiety
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Mindful Powers

- For iOS and Android
 - For ages up to 8
 - Audio guidance of mindfulness but limited push for kids to practice them
 - Background information for parents
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To Learn More

- Psychiatry and Behavioral Medicine
206-987-2164
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

CBT Skills

What's Up?

- For iOS and Android
- For ages 13+
- Text based guidance
- Thinking patterns and reframes
- Coping skills directly related to problematic feelings and thoughts
- Information organized by subjects (anger, anxiety, depression, self-esteem, stress)

CBT Thought Diary

- Free for iOS and Android
- Ages 12+
- Mood journal that allows you to assign cognitive distortions to journal entries (with explanations) then asks you to challenge and interpret thoughts differently
- Requires motivation to consistently use and identify patterns
- Minimal content/instruction
- Best for individuals with some experience with CBT/DBT

MindShift

- For iOS and Android
- Ages 12+
- For issues of worry, panic, anxiety, perfectionism, and phobias
- Offers targeted coping skills to each issue and CBT instruction with reminder notifications
- Text based guidance with some audio instruction
- Lots of examples to aid understanding

Now Matters Now (website, not app)

- nowmattersnow.org
- Ages 12+ and for caregivers
- Video demonstrations of DBT exercises (ex. Mindfulness, Opposite Action, etc.)

Woebot

- For iOS and Android
- Ages 12+
- Text/chat based that walks through the process of redirecting thought distortions. The app does not individualize its responses, but provides guidance through generic responses to help child reframe their thoughts. Not a substitute for a therapist.
- Best with motivated person
- Not for crisis situations
- Not HIPPA compliant (uses Facebook messenger)

Mobile Mental Health Apps

Youper

- For iOS and Android
 - Ages 12+
 - Text/chat based that walks through the process of redirecting thought distortions. Does not individualize its responses, but provides guidance through generic responses to help child reframe their thoughts. Not a substitute for a therapist.
 - Best with motivated person
 - Not for crisis situations
 - Without subscription: Mostly a mood monitor to raise insightfulness
 - With subscription: Costs \$5 per month and offers more CBT skill building
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Life Engagement

Superbetter

- For iOS and Android
 - Ages 8 to14
 - Helpful for depressed, anxious, withdrawn or isolative child or teen
 - Game/point gaining/leveling based format
 - Doesn't have the most appropriate language for child with eating disorder
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Coping Skills

365 Gratitude

- For iOS and Android
 - 13+ due to reading level
 - Daily gratitude journal with daily directional prompts
 - Mood monitoring
 - Inspirational quotes
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PTSD Coach

- For iOS and Android
 - For ages 12+
 - Lots of coping skills, ability to add new skills and to “favorite” ones that work well
 - Can have skills suggested based on symptoms (ex. sad, anxious, angry, etc.)
 - Information specific to PTSD
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Calm Harm

- For iOS and Android
- Ages 12+
- Specifically for those who self-harm
- Offers alternative coping skills for different functions of behavior (ex. comfort, distraction, expression, release)
- Alternatives are broken down by short term (5 minutes with timer) and longer term (15 min. with timer)
- Following use of coping skill, offers journal option to track skills used and mood.
- While you can track used skills, no way to “save” favorite skills.

Mobile Mental Health Apps

Virtual Hopebox

- For iOS and Android
 - Can upload photos, videos, songs, etc. into an online “distress tolerance box”
 - Distraction games (ex. sudoku, photo puzzle of your own photos, word search, solitaire)
 - Relaxation techniques (controlled breathing with visual)
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Sleep Hygiene

CBTi-coach

- For iOS and Android
 - Ages 12+
 - For insomnia or other sleep problems
 - Sleep journaling
 - Guided breathing tool, progressive muscle relaxation, meditation, grounding techniques
 - Information with suggested activities
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Safety

Notok

- For iOS and Android
- “Who can I call in an emergency” app
- Upload 5 contacts who also accept or decline invitation. They do not need to download the application.
- Easy to use. Push one button that will send a text message, phone call and/or GPS location to support system asking for help by reaching out or finding them.
- 5 contacts should be trusted adults who support in safety, not friends for distraction.
- “red zone” intervention

Eating Recovery

Recovery Record

- For iOS and Android
- Best used in conjunction with a health team (therapist, nutritionist, clinician)
- Can connect to clinicians for updates
- HIPAA secure and provides real-time access to patient progress
- Can connect to apple watch to track heart rates
- Can schedule coping skills (ex. customizable meditation)
- Goal related achievements
- Thought and mood tracking
- Takes time to navigate as it has a complicated user interface
- Utilized by Eating Recovery Center

Disclaimer: The inclusion of any app, or resource accessed through an app, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.