

12 Apps for Mental Health & Support

Finding tools to support your peace of mind has never been easier. Topics range from coaching and life balance habits to peer support, counseling, meditation, and cognitive behavioral therapy. Most are free but some apps have options to upgrade to a premium subscription with ongoing support. Counseling and therapy sessions are billed separately of subscriptions and many will work with your health insurance.

Download at the App Store or on Google Play.

1 Sanvello

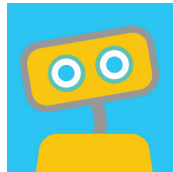
Cost: FREE to Start
Premium \$3-8.99/month
or \$25-53.99/year



- Sanvello offers peer support, coaching, therapy, community group chats, and daily check ins with resiliency, depression, and anxiety scores.
- Also offers suggestions based on the individual: meditations, exercises to help change your thought processes, Spotify playlists, and selfcare.
- Uses CBT and other evidence-based techniques.
- Premium is Free through the COVID-19 Crisis.

2 Woebot

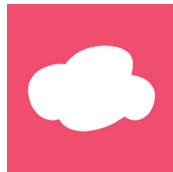
Cost: FREE



- A mental health AI coaching app that you can have conversations with.
- Based off of Cognitive Behavioral Therapy.
- Offers personalized tools such as practicing mindfulness, communication, and gratitude.

3 Pink Cloud

Cost: FREE
"Rooms" are \$0.99/mo
After 30 days



- An app that helps connect you to 12 step meetings (AA, Ala-non, HA, NA, CMA, ect.) near you through its "Rooms" feature, which is free for 30 days.
- You can track your sobriety time, what step you're working on, how many meetings you've been to, and allows you to create a daily program checklist.
- Also has a feature for you to log your inventory and resentments.

4 Insight Timer

Cost: FREE
Premium \$9.99/month
or \$59.99/year



- It logs your meditation minutes & has different categories of audio meditations.
- Types of meditations: stress relief, anxiety, mindfulness meditation, and body scans.
- You can follow friends and teachers that will help you learn how to meditate.

5 Fabulous

Cost: FREE first routine
Premium \$14.99/month
or \$95.99/year



- A habit tracker app that works as a coach to help motivate you to be more productive and have higher energy.
- It takes a holistic wellness approach by helping you form new rituals for your physical, mental, spiritual, and emotional health.
- The app is personalized and will send you reminders that are based on what you want to improve on.



Addiction Prevention Coalition

6 I Am Sober

Cost: FREE
Plus \$4.99/month
+In-app purchases



- Along with tracking your sober days, it helps you build new habits and provides ongoing motivation by connecting you to a wide network of people all striving for the same goal: staying sober one day at a time.
- Through a growing sober community you can learn from others and contribute by sharing insights and tactics that have worked for you.

7 A Friend Asks

Cost: FREE



- Shows you how to help a friend that is contemplating suicide.
- Features Include:
 - Warning signs and symptoms
 - What to do and what not to do to help a friend
 - SAMHSA Facility Locator
 - Other resources

8 Youper

Cost: FREE
Premium \$12.99/month
or \$59.99/year



- AI-Based Emotional Support App: Youper
- Youper puts emotional support at your fingertips! It uses artificial intelligence to gauge how you're feeling so it never feels like you're talking to a computer. The free version includes audio, visuals, and peer support. Feel free to use it alongside therapy or to track your moods.
- Free with options to pay for premium plans.

9 Headspace

Cost: FREE first month
Auto-renews for
\$12.99/mo & \$69.99/yr



- Endorsed by the Anxiety and Depression Association of America
- Headspace is a wellness app designed to help with anxiety, sleep, behavioral activation, and more.
- Listen to one of many meditations and sleep casts to center yourself.
- Headspace family plans make wellness a group activity—and there are options for kids!

10 The Mighty

Cost: FREE



- The Mighty helps you find peer support from people facing similar health challenges.
- There are groups for those with rare diseases, recovering from addiction, or anything really.
- It's an immersive app that shows you're never really alone.

11 rTribe

Cost: FREE
Premium \$5.99/month
or \$59.99/year



- If you're struggling with any kind of addiction, R Tribe has your back.
- Healing is a personal journey, so R Tribe lets you choose to grow through peer support or professional counseling.
- It counts your victory days, offers free recovery courses, and invites your loved ones to support you.
- Free with counseling rates starting at \$37.50 per week.

12 Breathe, Think, Do With Sesame Street

Cost: FREE



- Breathe, Think, Do with Sesame empowers kids to manage their feelings in constructive ways.
- This adorable app will help your toddler develop emotional regulation skills.
- By playing fun, simple games they will learn to breathe and solve problems.



Addiction
Prevention
Coalition

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