








# Apps List for Youth Mental Health

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<b>A Simple &amp; Free DBT</b>  <b>Skills Diary Card</b>  	Free	DBT Skills Groups focus on SKILLS. This means that practicing the skills is much more important than anything else. If you are practicing DBT Skills and want a Diary Card, this app is great for you.
<b>Booster Buddy</b>  	Free	Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.
<b>CBT – i Coach</b>  	Free	The app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia.
<b>Emotion Diary</b>  	Free  (Several in-app purchases available)	Record your emotions each day and track changes or patterns over time.

<b>Guided Mind</b> 	20+ free meditations  14 free nature soundscapes  150 + meditations (can be purchased separately.  Ranging from \$1-6).	Guided meditations on a variety of topics dealing with the stresses and challenges of day-to-day life.
<b>HealthyMinds</b> 	Free	HealthyMinds is a problem-solving tool for students to help deal with emotions and cope with the stresses you encounter both on and off campus. The goal: Keeping your mind healthy.
<b>Insight Timer</b> 	Free	This application will help you practise meditation both on your own or through guided meditations
<b>MindShift</b> 	Free	MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic & conflict.

<b>Moodkit</b>  	\$6.99	Features a range of mood-enhancing activities, helps to identify and change unhealthy thinking, lets you rate and chart mood across time, and helps create journal entries using templates designed to promote wellbeing
<b>Simply Being</b>  	\$2.79	Guided Meditation App. It allows you to choose from 5 meditation times and gives you to option to listen to the guided meditation with or without music or nature sounds.
<b>SuperBetter</b>  	\$5.79	Helps to achieve your health goals by increasing your personal resilience. Resilience means staying curious, optimistic and motivated even in the face of the toughest challenges.