

Mental Health Apps

Apps to Help with Relaxation

Relaxation



Smiling Mind



Calm



5 MINUTE ESCAPES



Stop, Breath, Think

Breathing



Breathe2Relax



Breathe Kids



Breathing Bubbles



HeadSpace

Sleep



Moshi: Sleep and Mindfulness



Children's Bedtime Meditations



Relax Melodies: Sleep Sounds



Sleepiest Sleep Sound Stories

Cognitive Behavioral Therapy (CBT)



MindShift CBT - Anxiety Relief



CalmCBT Companion



CBT Thought Diary



Pacifica