



Mental Health Apps For Free

- **[Headspace](#)** (Free during Covid-19)
The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus.
- **[notOK](#)**
notOK is a free app developed, by a struggling teenager, for teenagers. Features a large, red button that can be activated to let close friends, family and their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: *“Hey, I’m not OK! Please call, text, or come find me.”*
- **[What’s up?](#)**
What’s up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. Contains over 100 different questions to pinpoint what you’re feeling, and the “Thinking Patterns” page, which teaches you how to stop negative internal monologues.
- **[Quiz That!](#)**
Quit That! is a completely free app that helps users beat their habits or addictions. Whether you’re looking to stop drinking alcohol, quit smoking, or stop taking drugs, it’s the perfect recovery tool to track and monitor your progress. Track as many vices as you want and find out how many minutes, hours, days, weeks, or years it’s been since you quit.
- **[Mind Shift](#)**
Mind Shift is a free app designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.
- **[Sleep-Help for Anxiety Management \(SAM\)](#)**
SAM might be perfect for you if you’re interested in self-help, but meditation isn’t your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM’s “Social Cloud” feature to confidentially connect with other users in an online community for additional support.

- **[CBT Thought Record Diary](#)**
The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.
- **[Happify](#)**
With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.
- **[MoodTools](#)**
MoodTools aims to support people with clinical depression by aiding the path to recovery. Discover helpful videos that can improve your mood and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more with this free app.
- **[Lifesum](#)**
Unlike the other apps featured in this list, Lifesum is a broader resource for all things healthy living. The app allows you to set personal goals, from eating healthier, to building more muscle and getting in more steps each day. You can also enter your own personal data and let Lifesum generate a “Life Score” to get a personalized roadmap to better health. With reminders to drink water and eat regularly throughout the day, Lifesum is a great option for anyone trying to live healthier, but for people with eating disorders, this app can be used to help you redefine how you think about healthy body image.
- **[nOCD](#)**
Designed with the help of OCD specialists and patients to incorporate two treatments: Mindfulness and Exposure Response Prevention Treatment. You can receive immediate, clinically-supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way.
- **[GG OCD](#)**
GG OCD aims to improve OCD symptoms by increasing the user’s awareness of negative thoughts and training the brain to push those aside to embrace a more positive outset. The app takes the users through various levels, each consisting of short games around a specific theme. From how to automatically replace negative self-talk with positive thoughts, to belief in change, building self-esteem and more, this app takes its user on a journey towards a healthier thinking pattern.
- **[PTSD Coach](#)**
Created by the VA’s National Center for [Post-Traumatic Stress Disorder \(PTSD\)](#), PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. With this app you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music.
- **[Breathe2Relax](#)**
Sometimes you just need to breathe and remind yourself you are okay. Breathe2Relax is made for just that. Created by the National Center for Telehealth and Technology, this app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax works by decreasing the body’s ‘fight-or-flight’ stress response.

- [UCSF PRIME](#)
Schizophrenia patients are prone to social isolation even when their condition is treated. The PRIME app, created by psychiatry professor Danielle Shlosser, connects people with schizophrenia to their peers through a social network style interface. It also lets users track “challenge goals,” things they’d like to accomplish or improve about themselves.
- [Ten Percent Happier](#)
Ten Percent Happier has a library of 500+ guided meditations on topics ranging from anxiety and stress to parenting and sleep, as well as videos, bite-sized stories, and inspiration you can listen to on the go. New content is added weekly so you’ll never tire of having to do the same meditative practice again and again.
- [Insight timer](#)
Free. But you have to navigate around the subscription screen with the button that says “Start 7 Day Trial”. Once you scroll past that, you can access the free content. Insight Timer has a huge library of content: over 25,000 guided meditations from around 3,000 teachers on topics like stress, relationships, creativity, and more.
- [Stop, Breathe, and Think](#)
Each day when you open the app, you’re asked “How are you?” and invited to check in with yourself—to rate your mind and body on a scale of “rough” to “great,” and note up to five emotions you’re feeling. Then, Stop, Breathe & Think will recommend meditations, mindful walks, and even acupressure videos tailored to how you feel.
- [Smiling Mind](#)
The app features hundreds of meditations, enough to keep you engaged without overwhelming you with choice. They are organized into structured programs like Mindful Foundations (42 sessions), Sleep (6 sessions), Relationships (13 sessions), and Workplace (41 sessions), but you have the flexibility to choose where to start and to easily jump between programs.
- [UCLA Mindful](#)
Developed by the Mindful Awareness Research Center at the University of California, Los Angeles (UCLA), the app features meditations of different types in English and Spanish. You can learn to focus on your breath, your body, or sounds; work with difficult emotions; and cultivate loving-kindness in sessions ranging from 3 to 19 minutes long.
- [Youper](#)
Self-help app designed to support users in managing and tracking their mood and mental health symptoms by applying guided mindfulness. Fall asleep faster with calming sounds.
- [Days Until](#)
Countdown to your life Events. This app is a free application for iPhone and iPad which monitors and beautifully displays the days remaining until special events in your life.
- [Calm Harm](#)
This is a free app to help teenagers manage the urge to self-harm.
- [My3App](#)
My3App is a free safety net of communication for individuals who are experiencing suicidal ideation.

- [ReachOut WorryTime](#)
Reach Out Worry Time interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This way, you can deal with worries once a day, rather than carrying them around with you 24/7.
- [Self Help For Trauma](#)
This app shows a simple technique to stabilize and self-regulate emotional stress and symptoms of traumatic stress.
- [Daylio](#)
Daylio is a mood tracker and micro dairy for free. With this app you can keep a private diary and track your mood without having to type.
- [Year in Pixels](#)
Track your mood throughout the year using personalized colors to represent your mood each day.
- [My Life, My Voice](#)
This app offers a free mood journal to track your thoughts, feelings, and moods using a variety of animated emoticons.
- [Booster Buddy](#)
Booster Buddy is a free app that provides tools to help teens and young adults improve their mental health through gamification of daily tasks.
- [Unicef Kid Power](#)
UNICEF Kid Power is a FREE dance, yoga and activity video platform to help children feel energized and empowered.
- [Wellbeyond Meditation for Kids](#)
Meditation for Kids is a magical app that helps children cultivate mindfulness by focusing on sleep, kindness, feelings, and centering.
- [Ninja Focus: Kid's mindfulness](#)
This app helps your child get to sleep faster, regulate their emotions and learn to focus.