

Mental Health Topic		Website	iTunes App Link	Google Play App Link
Reviews for Mental Health Apps	Psyberguide	https://psyberguide.org/apps/	Resource: N/A	Resource: N/A
	ADAA (Anxiety & Depression Association of America)	https://adaa.org/finding-help/mobile-apps	Resource: N/A	Resource: N/A
Anxiety and Depression	PTSD Coach	https://www.psyberguide.org/apps/ptsd-coach/	https://apps.apple.com/us/app/ptsd-coach/id430646302	https://play.google.com/store/apps/details?id=is.vertical.ptsdcoach&hl=en
	CPT Coach	https://www.psyberguide.org/apps/cpt-coach/	https://apps.apple.com/us/app/cpt-coach/id804271492?ign-mpt=uo%3D4	https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.cptcoach&hl=en
	PE Coach 2	https://www.psyberguide.org/apps/pe-coach/	https://apps.apple.com/us/app/pe-coach-2/id1281266434	https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.pecoach&hl=en_US
	Mindshift CBT (Anxiety Canada)	https://www.psyberguide.org/apps/mindshift/	https://apps.apple.com/ca/app/mindshift/id634684825	https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en
	Thought Challenger	https://www.psyberguide.org/apps/thought-challenger/	https://apps.apple.com/us/app/thought-challenger/id1250196640	N
	Mood Mission	https://www.psyberguide.org/apps/moodmission/	https://apps.apple.com/au/app/moodmission/id1140332763	https://play.google.com/store/apps/details?id=com.moodmission.moodmissionapp
Resilience and Mindfulness				
	Mindfulness Coach	https://www.psyberguide.org/apps/mindfulness-coach/	https://apps.apple.com/us/app/mindfulness-coach/id804284729	N
	SuperBetter	https://www.psyberguide.org/apps/superbetter/	https://apps.apple.com/us/app/superbetter/id536634968	https://play.google.com/store/apps/details?id=com.superbetter.paid&hl=en
	Happify	https://www.psyberguide.org/apps/happify/	https://apps.apple.com/us/app/happify-activities-games-for-stress-anxiety/id730601963	https://play.google.com/store/apps/details?id=com.happify.happifyinc&hl=en
	Personal Zen	https://www.psyberguide.org/apps/personal-zen/	https://apps.apple.com/us/app/personal-zen/id689013447?ls=1&mt=8%3B	N
	Breathe2Relax	https://www.psyberguide.org/apps/breathe2relax/	https://apps.apple.com/us/app/breathe2relax/id425720246	https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en
	Headspace	https://www.psyberguide.org/apps/headspace/	https://apps.apple.com/us/app/headspace-com-meditation-mindfulness/id493145008	https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en
	Sanvello	https://www.psyberguide.org/apps/sanvello/	https://apps.apple.com/us/app/sanvello-stress-anxiety-help/id922968861	https://play.google.com/store/apps/details?id=com.pacificlabs.pacifica&hl=en_US
Insomnia				
	CBT-i Coach	https://www.psyberguide.org/apps/cbt-i-coach/	https://apps.apple.com/us/app/cbt-i-coach/id655918660	https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.cbti
Artificial Intelligence/ChatBots				
	Woebot	https://www.psyberguide.org/apps/woebot/	https://apps.apple.com/us/app/woebot/id1305375832	https://play.google.com/store/apps/details?id=com.woebot
Self-Monitoring				
	T2 Mood Tracker	https://www.psyberguide.org/apps/t2-mood-tracker/	https://apps.apple.com/us/app/t2-mood-tracker/id428373825	https://play.google.com/store/apps/details?id=com.t2.vas&hl=en
	CBT Thought Diary	https://www.psyberguide.org/apps/cognitive-diary-cbt-self-help/	N	https://play.google.com/store/apps/details?id=com.excelatlife.cbtdiary&hl=en
	Youper	https://www.psyberguide.org/apps/youper/	https://apps.apple.com/us/app/youper/id1060691513?ign-mpt=uo%3D4	https://play.google.com/store/apps/details?id=br.com.youper
No Longer Available (or we could not locate them)				
	This Way Up	https://www.psyberguide.org/apps/this-way-up/	WEB BASE ONLY	
	Worry Knot, Thought Challenger, Social Force (IntelliCare)	www.psyberguide.org/apps/worry-knot/	N	N
	Social Force	https://www.psyberguide.org/apps/social-force/	N	N
	Slumber Time	https://www.psyberguide.org/apps/slumber-time/	N	N
	Koko (is the kik by chance??)	says the App is no longer available	N	N