


APPS


for wellness & recovery




Depression & Anxiety




Pacifica
Mood, health and goal tracker. Community support. Hope board.



Mind Shift
Teen & young adult coping mechanisms, tools for anxiety & depression.




T2 Mood Tracker
Monitor your mood, emotional health and feeling patterns.



DBSA Wellness Tracker
Better recognize potential mood triggers in your daily life.


Substance Use



Sober Grid
Social network to locate others in your area who have similar substance use issues.




LiveStrong My Quit Coach
Support for smoking cessation.




Nomo
Sobriety "clock" used to track how many days it has been since you last used, plus how much money & time saved by being sober. Includes daily encouragement and tools to refocus.


Meditation & Mindfulness



Headspace
Meditation and mindfulness techniques.




Virtual Hope Box
Simple tools for coping, relaxation, distraction, and positive thinking.




Mindful Gnats
Basic relaxation and mindfulness skills for youth.

Suicide & Harm Prevention



My3
Contacts for who to call for support. Safety plan. Suicide helpline.



Calm Harm
Provides tasks to help you resist or manage the urge to self-harm. Also good for distraction, release and expressing yourself when feeling overwhelmed.



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Call 1-844-493-8255 or text "TALK" to 38255