

# FREE MENTAL HEALTH APPS

FREE FOR IPHONE AND ANDROID

## Reachout Breathe:

Mindfulness/Meditation

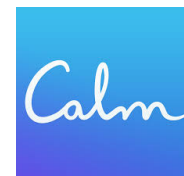
Guides your breathing, telling you when to inhale or exhale; can also measure your heart rate using your phone's camera. Learn more: <https://au.reachout.com/tools-and-apps/reachout-breathe>



## Calm

Mindfulness/Meditation

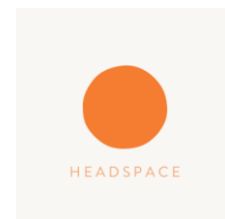
Bring more clarity, joy, and peace into your daily life. Calm features guided meditations, Sleep Stories, breathing programs, and relaxing music to help you de-stress. Whether you are new to mindfulness, intermediate, or advanced, Calm includes programs for all levels.



## Headspace

Mindfulness/Meditation

With the free Basics pack, Headspace teaches you the essentials of living a healthier, happier life. Headspace is aimed to help you perform at your best through the life-changing skills of meditation and mindfulness.



## MindShift CBT:

Stress, Mindfulness

Dealing with general worry, social anxiety, perfectionism, panic, phobia or another kind of anxiety? Mindshift offers customized tips depending on your unique situation. Learn more: <https://www.anxietycanada.com/resources/mindshift-cbt/>



## MoodMission

Mental Health

Rewards you for completing different types of challenges designed to benefit your mental health (e.g. repeating a coping statement, going for a walk, etc.) Learn more: <http://moodmission.com/>

