



**Alberta Health  
Services**



Alberta Addiction and Mental Health  
Research Partnership Program

# ADDICTION AND MENTAL HEALTH

## Mobile Application Directory 2014



# Acknowledgements

The Alberta Addiction & Mental Health Research Partnership Program (Research Partnership Program) was established in 2005 through a collaborative process. The implementation of the program was based on a thorough consultation that was led by the Research Partnership Committee. The program originated from the development of the Provincial Mental Health Plan. The intent of the partnership program is to increase research and its application in addiction and mental health services and in public and population health.

This document was produced on behalf of the Alberta Addiction & Mental Health Research Partnership Program through the efforts of Alberta Health Services, Addiction and Mental Health.

This report is considered a work-in-progress and represents information currently available. Information about mobile applications (apps) related to addiction and mental health was gathered and collated from websites and other sources of public information, and via personal communications. The purpose of this report is to provide mobile resources dealing with mental health and addiction-related issues for health care professionals, researchers and community members.

Any omission or inaccuracy in this document is oversight and unintentional. Contents are current up to April 15, 2014. We invite you to comment, submit revisions and/or provide further information to us at [researchpartnership@albertahealthservices.ca](mailto:researchpartnership@albertahealthservices.ca).

## Disclaimer

The Alberta Addiction and Mental Health Research Partnership Program does not have any financial interests in any of the products listed in this document nor do they endorse the use of the mobile applications listed in this document. **No evaluations of the applications listed in this document have been done; it is intended for information purposes only.**

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## *CITATION*

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# Background

## Information Provided in this Document

This document includes information about mobile applications (apps) related to addiction and mental health. It provides a directory of electronic resources for different mobile platforms which may be used as aids in mental health or addiction conditions.

The information in this report was gathered and collated from various organizational websites and other information sources in the public domain. The information represents a brief cross-section of current apps related to addiction and mental health available for the general mobile device user. Apps have been grouped into categories of disorders according to the Diagnostic and Statistical Manual of Mental Disorders 5 (DSM 5)<sup>1</sup>. These categories are not mutually exclusive.

## Intended Audience

This is a comprehensive document that provides a representation of the current apps available which are related to addiction and mental health and is current up to April 15, 2014.

This app directory is divided into various categories pertaining to different mental health or addiction disorders. It may be used for:

- persons looking for information about apps related to mental health or addiction
- clinicians looking for electronic technologies to supplement care
- researchers interested in learning about mobile health technology
- electronic application developers in identifying gaps in the current app market

It is hoped that this directory will increase awareness of addiction and mental health apps and be a useful resource.

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<sup>1</sup> American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders, fifth edition*. Arlington, VA: American Psychiatric Publishing.

# Legend – MAJOR APP CATEGORY

## SPECIFIC APP CATEGORY

App Name

Developer (Year)

Cost\*

Summary of the main features of app.

Platforms

[Link to app](#)

*\*Legend:*

- Free
- \$ : \$1.00-\$5.00
- \$\$ : \$6.00-\$10.00
- \$\$\$ : \$11.00-\$20.00
- \$\$\$\$ : \$21.00-\$50.00
- \$\$\$\$\$ : >\$50.00

# NEURODEVELOPMENTAL DISORDERS

## 1. COMMUNICATION DISORDERS

### Grace - Picture Exchange for Non-Verbal People

Steven Troughton-Smith (2013)

\$\$

Users select pictures to form a sentence which they can share with other people in order to communicate their needs.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/grace-picture-exchange-for/id360574688?mt=8>

### Proloquo2Go

AssistiveWare (2013)

\$\$\$\$\$

Augmentative and alternative communication system for people who have difficulty speaking. Uses a variety of methods including picture symbols and text-to-speech voices to help people communicate effectively.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/proloquo2go/id308368164?mt=8>

### iComm

Bappz (2012)

Free

Gives children that are unable to express their needs through speech a communication tool using pictures and words.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/icommm/id351726761?mt=8>

## 2. AUTISM SPECTRUM DISORDER

### Autism Tracker Lite

Track & Share Apps (2013)

*Free*

Provides educational material for families with an autistic child. Explores various domains of autism.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/autism-tracker-lite-track/id478527813?mt=8#>

### QuickCues

Fraser (2013)

\$

Provides social scripts for various social situations. Modules available for individual purchase are: communication, life skills, socialization, coping, and on the job.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/quickcues/id360381130?mt=8>

### Everyday Social Skills

The Conover Company (2011)

\$

Series of videos covering basic social skills such as using a restroom or waiting in line. Can create individual assignments for each user.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/everyday-social-skills/id375396536?mt=8>



### 3. ATTENTION –DEFICIT/HYPERACTIVITY DISORDER

#### ADHD Angel

Daniel Anderton (2013)

*Free*

Helps young people with ADHD to improve self-management with tools like medication management and information about ADHD.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/adhd-angel/id485821457?mt=8>

#### ADHD Trainer

TKT Brain Solutions (2013)

\$

Designed to help improve cognitive impairments in children with ADHD through cognitive training. Makes use of the TCT Method (Tajima Cognitive Training), which trains cognitive areas like attention, memory, and reasoning, while also keeping children entertained.

Android

<https://play.google.com/store/apps/details?id=com.tktbrainsolutions.adhdtrainer>

#### ADHD Treatment

Eytan Shleizer (2013)

\$\$

Made for both children and adults, this app is designed to help strengthen cognitive skills and executive function through neurocognitive therapy.

iPhone, iPod touch, iPad

<https://itunes.apple.com/us/app/adhd-treatment/id668353355?mt=8>

# SUBSTANCE-RELATED DISORDERS AND ADDICTIVE DISORDERS

## 1. ALCOHOL-RELATED DISORDERS

### AlcoDroid Alcohol Tracker

Myrecek (2014)

Free

Tracks alcohol consumption, maintains a drink diary, and calculates blood alcohol content. Allows users to monitor drinking habits and set goals.

Android

<https://play.google.com/store/apps/details?id=org.M.alcodroid>

### Step Away: Mobile Intervention for Alcohol Addiction

Here and Now Systems LLC (2014)

\$

Contains tools and strategies, such as goal setting and reminders, to help users recover from alcohol addiction.

iPhone, iPod touch, iPad

<https://itunes.apple.com/us/app/step-away-mobile-intervention/id688669242?mt=8&ign-mpt=uo%3D4>

### iAlcohol: Scientific BAC Calculator

Aliaksei Baturski (2013)

\$

Determines blood alcohol level and calculates the required break before users should drive, consumption statistics, as well as the influence of food, physical characteristics, and activity on alcohol consumption.

iPhone, iPod touch, iPad

<https://itunes.apple.com/us/app/ialcohol/id357717342>

### iCan Stop Drinking

iCan Hypnosis (2011)

\$

Uses hypnotherapy sessions to ease alcohol dependency.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/ican-stop-drinking/id345959258?mt=8>

## 2. TOBACCO-RELATED DISORDERS

### Quit smoking - QuitNow!

Fewlaps (2014)

Free

Offers real-time statistics on amount of cigarettes avoided and financial savings. Users can unlock achievements based on WHO health improvement indicators, and share results and tips with other users.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/quitnow!-quit-smoking/id483994930?mt=8>

<https://play.google.com/store/apps/details?id=com.EAGINsoftware.dejaloYa>

### Quit it 3.0 – stop smoking

Tommy Kammerer (2013)

\$

Outlines information on the benefits of quitting smoking, and shows users their money savings as well as the amount of cigarettes and tar they avoid.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/quit-it-3.0-stop-smoking/id285538794?mt=8>

## Quit Smoking

Azati (2013)

*Free*

Designed to gradually wean users from addiction to smoking. Individual step-down programs are calculated from personal statistical data.

Android

<https://play.google.com/store/apps/details?id=com.azati.quit>

## Smoking Cessation i-pocketcards

Borm Bruckmeier Publishing LLC (2013)

\$\$

Covers essential topics related to stopping smoking, including facts on smoking, risks of smoking, health improvements after smoking cessation, information about nicotine, practical counselling and social support.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/smoking-cessation-pocketcards/id434560834?mt=8>

## Since iQuit

DUNK Ltd (2012)

*Free*

Keeps track of the time since the user has stopped smoking. Provides an estimated financial saving and provides motivation.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/since-iquit/id334825691?mt=8>

### 3. NON-SUBSTANCE-RELATED DISORDERS (GAMBLING DISORDER)

#### BetCheck

Responsible Gambling Council (2013)

*Free*

Gives users a means to compare their gambling habits with the “typical gambler” to discover if they’re gambling at a low, moderate, or high risk level.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/responsible-gambling-councils/id609894257?mt=8>

<https://play.google.com/store/apps/details?id=com.avatar.betcheck>

#### Cost2Play Calculator

Responsible Gambling Council (2013)

*Free*

Tracks gambling spending and monitors users’ cost of play per year, month, and hour for slots, blackjack, and roulette.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/responsible-gambling-councils/id526381561?mt=8>

<https://play.google.com/store/apps/details?id=com.RGCO.Cost2PlayCalculator>

#### Take 10

RED the Agency (2013)

*Free*

Sponsored by the Alberta Gaming and Liquor Commission, this app helps gambling patrons access fun ways to take healthy breaks from gambling.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/us/app/take-10/id550485705?mt=8>

<https://play.google.com/store/apps/details?id=air.com.redtheagency.aglctake10>

## Monitor Your Gambling & Urges

Centre for Addiction and Mental Health (2012)

*Free*

Records when users experience an urge to gamble, triggers, replacement activities, wins and losses, feelings and consequences from gambling.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/monitor-your-gambling-urges/id512241001?mt=8>

<https://play.google.com/store/apps/details?id=com.camh.mygu&hl=en>

# DEPRESSIVE DISORDERS

## Depression Calculator

Patient.co.uk (2014)

*Free*

Includes diagnostic tool to assess depression, as well as information leaflets about depression.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/depression-calculator/id517937129?mt=8>

## Depression CBT Self-Help Guide

Excel At Life (2013)

*Free*

Educates users on the management of depression and provides information about the factors that contribute to symptoms. Contains a depression severity test, a cognitive diary, articles, and more.

Android

<https://play.google.com/store/apps/details?id=com.excelatlife.depression&hl=en>

## Get Happy

Lisa Patterson-Kane (2013)

\$

Offers various strategies, such as daily tips, to help users cope with painful thoughts and feelings.

iPhone, iPod touch, iPad

<https://itunes.apple.com/au/app/get-happy-ways-to-increase/id585941428?mt=8>

## Happy Habits: Choose Happiness

Excel at Life (2013)

Free

Utilizes the techniques of cognitive-behavioural therapy (CBT) to help improve happiness and emotional well-being. Includes a happiness journal, happiness assessment test, and emotion training audio recordings.

Android

<https://play.google.com/store/apps/details?id=com.excelatlife.happiness>

## Optimism

Optimism Apps (2013)

Free

Records mood, coping, sleep, exercise and medications. Allows users to record stay well strategies, triggers, and symptoms.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/optimism/id352262677?mt=8>

## Depression Cure - The Free 12 week course

Archie's Empire (2012)

Free

12 week program of step-by-step actions to help overcome depression.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/depression-cure-free-12-week/id546948783?mt=8>

## Teen Depression Connect

Alliance Health Networks (2012)

*Free*

Connects users to a large, social community that provides support to youth suffering from depression. Users are able to follow discussions, add posts, and find useful advice.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/us/app/teen-depression-connect/id469281170?mt=8>

<https://play.google.com/store/apps/details?id=com.alliancehealth.teendepressionconnect>

## NIH Depression Information

Incelligence (2011)

*Free*

Offers detailed information from the U.S. National Institutes of Health (NIH) on depression. Includes information on symptoms, causes, diagnosis, and treatments.

Android

<https://play.google.com/store/apps/details?id=com.incelligence.android.searchnavnihdpi>



# BIPOLAR AND RELATED DISORDERS

## iMoodJournal

Inex (2014)

\$

Allows users to keep track of their well-being, establish associations between mood and experiences, and identify the causes of emotional highs and lows.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/us/app/imoodjournal-mood-journal/id517952128?mt=8>

<https://play.google.com/store/apps/details?id=com.inexika.imood>

## eMoods Bipolar Mood Tracker

Yottaram LLC (2013)

Free

Gives users the ability to chart their moods, symptoms, and medications.

Android

<https://play.google.com/store/apps/details?id=my.tracker>

## Bipolar Disorder Connect

Alliance Health Networks, Inc (2012)

Free

Social network of people living with bipolar discussion. Discuss treatments, get support, and communicate with others suffering from bipolar disorders.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/us/app/bipolar-disorder-connect/id431419783?mt=8>

<https://play.google.com/store/apps/details?id=com.alliancehealth.bipolarconnect>

# ANXIETY DISORDERS

## 1. PANIC DISORDER

### Stop Panic & Anxiety Self Help

Excel At Life (2013)

Free

Contains information about panic, anxiety and cognitive behavioural therapy, an anxiety diary, emotional training, relaxation techniques, and coaches user through panic attacks.

Android

<https://play.google.com/store/apps/details?id=com.excelatlife.panic&hl=en>

### Panic Attack PHILS

Nav4D (2012)

\$

Provides information about and tools to deal with panic, with the option to call an emergency contact when having a panic attack and send him/her user's location.

iPhone, iPod touch, iPad

<https://itunes.apple.com/us/app/panic-attack-phils/id377873630?mt=8>

### Beat Panic

Jane Anderson-Hawkes (2011)

\$

Takes users through a series of calming flash cards to overcome a panic attack.

iPhone, iPod touch, iPad

<https://itunes.apple.com/gb/app/beat-panic/id452656397?mt=8>

## Free yourself easily from Panic Attacks

WebLantis (2010)

\$\$

Contains e-book of information on panic attacks and self-help tips.

iPhone, iPod touch, iPad

<https://itunes.apple.com/hk/app/free-yourself-easily-from/id397770677?mt=8>

## The Panic Attack Eliminator App

Charles Linden Media Ltd (2010)

\$\$

App “talks” users through panic attacks, helping to ease feelings of anxiety and panic.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/panic-attack-eliminator/id380995697?mt=8>

## 2. AGORAPHOBIA

## Overcoming Agoraphobia

KoolAppz (2011)

\$

Provides information on symptoms of agoraphobia and alternative therapies for this condition.

Android

<https://play.google.com/store/apps/details?id=com.koolappz.EP77708170001&hl=en>

### Journey out of Agoraphobia

Charles Linden Media Ltd (2010)

\$\$

Guides users through a journey to recovery with daily audio clips describing the process of overcoming agoraphobia.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/journey-out-of-agoraphobia/id380976647?mt=8>

## 3. SPECIFIC PHOBIA

### Phobia Free

Virtually Free (2014)

\$

Uses systematic exposure and relaxation techniques to allow users to overcome fear of spiders.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/phobia-free/id627935349?mt=8>

### Fear of Flying App

Zyrcadia B.V. (2013)

\$

Coaches people with fear of flying. Includes facts on flying, relaxation techniques, and activities to decrease tension levels.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/fear-of-flying-app/id501475441?mt=8>

#### 4. SOCIAL ANXIETY DISORDER (SOCIAL PHOBIA)

##### Beat Social Phobia with Andrew Johnson

Michael Schneider (2012)

\$

Guided audio program to help user overcome social phobia and anxiety.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/beat-social-phobia-andrew/id321996942?mt=8>

#### 5. GENERALIZED ANXIETY DISORDER

##### The Linden Method

Charles Linden Media Ltd (2013)

\$\$\$\$\$

Provides videos and recovery programs for high anxiety conditions. Also includes visualization exercises to help the user relax when feeling anxious or stressed.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/the-linden-method/id375243453?mt=8>

## MindShift

Creative B'stro (2013)

*Free*

Designed to help youth cope with anxiety. In addition to providing strategies to deal with everyday anxiety, this app also offers specific tools to tackle issues like test anxiety, social anxiety, and perfectionism.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/mindshift/id634684825?mt=8>

<https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en>

## Smiling Mind

Smiling Mind (2013)

*Free*

A meditation tool for youth designed to give users a sense of calm and contentment.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/smiling-mind/id560442518?mt=8>

## Stress Tips

AnxietyUK (2012)

\$

Includes self-diagnosis tool, voice recording of tips to listen to when users feels anxious, information about anxiety types, and allows users to contribute personal stories to Anxiety UK's website.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/gb/app/stress-tips/id442922568?mt=8>

<https://play.google.com/store/apps/details?id=com.ais.anxiety.v2>

## Mood and Anxiety Diary

Haptic (2011)

\$

Tracks users' mood and/or anxiety ratings over time. Includes a notes function allowing users or clinicians to see the effect of treatment/external factors over time.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/mood-anxiety-diary/id393280344?mt=8>

# TRAUMA- AND STRESSOR-RELATED DISORDERS

## 1. POST-TRAUMATIC STRESS DISORDER (PTSD)

### PTSD Coach Canada

Veteran Affairs Canada (2013)

*Free*

Supplies information and self-help tools that aid individuals to learn about and manage symptoms after trauma. Also includes direct links to support and help.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/ptsd-coach-canada/id616851357?mt=8>

<https://play.google.com/store/apps/details?id=ca.gc.veterans.ptsd.ptsdcoach>

## PTSD Support

Mobile Roadie (2013)

*Free*

Provides resources to support military veterans and their families. Users are given access to a wide array of videos, podcasts, links, and news items pertaining to post-traumatic stress disorder.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/us/app/ptsd-support/id379160810?mt=8>

[https://play.google.com/store/apps/details?id=com.mobileroadie.app\\_718](https://play.google.com/store/apps/details?id=com.mobileroadie.app_718)

## PTSD Coach

Department of Veterans Affairs (2011)

*Free*

Provides information about PTSD, self-assessment tools, support opportunities, and tools to manage post-traumatic stress.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/ptsd-coach/id430646302?mt=8>

<https://play.google.com/store/apps/details?id=gov.va.ptsd.ptsdcoach&hl=en>



# OTHER CONDITIONS

## 1. DEMENTIA

### BrainyApp

Alzheimer's Australia (2014)

*Free*

Brain games and activities to improve brain health and ability to monitor progress over time.

iPhone, iPod touch, iPad, Android

<https://play.google.com/store/apps/details?id=com.b2cloud.brainyapp>

<https://itunes.apple.com/ca/app/brainyapp/id473599106?mt=8>

### Fit Brains Trainer

Vivity Labs (2014)

*Free*

Offers training sessions to enhance users' cognitive performance. Designed to improve memory, processing speed, concentration, problem solving, and visual skills.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/us/app/fit-brains-trainer/id565200595?mt=8>

<https://play.google.com/store/apps/details?id=com.vivitylabs.android.braintrainer>

## Lumosity Brain Trainer

Lumos Labs, Inc. (2014)

*Free*

Brain games and neuroscience information, and ability to track brain performance over time.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/lumosity-mobile/id577232024?mt=8>

## Qcard

Qcard (2014)

\$

Allows users to make memory aids (Qcards) to help remember everyday tasks. Alerts users when these tasks need to be completed.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/qcard/id512316548?mt=8>

## AlzNav

Fraunhofer Portugal AICOS (2012)

*Free*

Designed for persons in early stages of dementia and their caregivers. Provides a monitoring and alert system for when person leaves "safe area", navigation to return home, call for help, and taxi system.

Android

<https://play.google.com/store/apps/details?id=pt.fraunhofer.navigator&hl=en>

## Brain Map

Alzheimer's Society (2011)

*Free*

Provides information about function of each region of the brain and the effects of dementia.

iPhone, iPod touch, iPad

<https://itunes.apple.com/gb/app/brain-map/id414674617?mt=8>

## 2. EATING DISORDERS

### RR Eating Disorder Management

Recovery Record (2014)

*Free*

Allows users to keep a record of meals, thoughts, and feelings. Users can customize meal plans, receive and send anonymous encouragement messages to other people using the app, and share progress with users' treatment team.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/recovery-record-eating-disorder/id457360959?mt=8>

<https://play.google.com/store/apps/details?id=com.recoveryrecord&hl=en>

### Rise Up + Recover

Recovery Warriors (2013)

*Free*

Users can record their meals and medication use, as well as their emotions and actions, throughout the day. Provides coping strategies when negative urges arise.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/rise-up-+-recover-eating-disorder/id509287014?mt=8>

### iCounselor: Eating Disorder

iCounselor (2010)

\$

Allows users to monitor progress related to his or her eating disorder, provides thought-changing activities, suggestions for lifestyle changes, and relaxation strategies.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/icounselor-eating-disorder/id348839099?mt=8>

### 3. SCHIZOPHRENIA

#### Schizophrenia Psychopharmacology

SoftPsych LLC (2014)

\$\$

Designed for use by psychiatrists and mental health professionals, this app provides suggestions for treatment for schizophrenia and comorbid disorders.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/schizophrenia-psychopharmacology/id361354748?mt=8>

### 4. OBSESSIVE-COMPULSIVE DISORDER (OCD)

#### Live OCD Free

Pocket Therapist, LLC (2014)

\$\$\$\$

Exercises to diminish OCD symptoms, set practice goals and rewards and various tools to help deal with OCD. Also comes in a child's version with a game-like setting featuring a Worry Wizard.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/live-ocd-free/id509337840?mt=8>

### iCounselor: OCD

iCounselor (2010)

\$

Allows users to rate frequency and strength of OCD thoughts and then move on to calming and thought changing activities, and skill development.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/icounselor-ocd/id338431800?mt=8>

## GENERAL INFORMATION

### 1. COGNITIVE BEHAVIOURAL THERAPY (CBT)

#### Cognitive Diary CBT Self-Help

Excel At Life (2014)

*Free*

Provides information about CBT, and allows users to record different events and associated emotions to monitor feelings and beliefs over time.

Android

<https://play.google.com/store/apps/details?id=com.excelatlife.cbtdiary&hl=en>

### iCBT

Bonfire Development Advisors (2014)

\$

Tool allowing the user to describe, evaluate, and eliminate intrusive thoughts. Can monitor and review progress and share with a health care professional.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/icbt/id355021834?mt=8>

### iCouch CBT

iCouch Inc. (2013)

\$

Step-by-step guide through the CBT process. Can customize own emotions or distortions, and email to health care professional or submit it through the app to an iCouch licensed psychologist (cost associated with this).

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/icouch-cbt/id446115508?mt=8>

## 2. EDUCATIONAL TOOLS

### 3D Brain

DNA Learning Center (2013)

*Free*

Interactive map of the brain complete with functional information, consequences of injury, and associations with mental illness.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/3d-brain/id331399332?mt=8>

<https://play.google.com/store/apps/details?id=org.dnalc.threedbrain&hl=en>

## DSM-5 Diagnostic Criteria

American Psychiatric Association (2013)  
\$\$\$\$\$

Psychiatric reference including all diagnostic criteria from DSM-5.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/us/app/dsm-5-diagnostic-criteria/id662938847?mt=8>

<https://play.google.com/store/apps/details?id=com.apa.dsm.v>

## APA Concise Dictionary of Psychology

American Psychological Association (2012)  
\$\$\$\$

Allows users to search and learn about different concepts, processes, and therapies across 90 subareas of psychology. Also has "word of the day" and "psychologist of the day" features.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/us/app/apa-concise-dictionary-psychology/id486430378?mt=8>

<https://play.google.com/store/apps/details?id=com.apa.cdp.full>

### 3. MOOD TRACKING

#### WhatsMyM3

M-3 Information, LLC (2014)

\$

Allows users to complete a 3-minute screen for potential mood and anxiety symptoms. The user can monitor changes in score over time.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/app/whatsmym3/id515945611?mt=8>

<https://play.google.com/store/apps/details?id=com.mymoodmonitor.whatsmym3&hl=en>

#### MoodKit - Mood Improvement Tools

Thriveport, LLC (2013)

\$

Provides mood improvement activities, social media, guidance to modify distressing thoughts, and tracks mood over time.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/moodkit-mood-improvement-tools/id427064987?mt=8>

#### Mood Watch

Invitation Only (2013)

\$

Gives users a way to chart their mental, emotional, and physical states.

Android

<https://play.google.com/store/apps/details?id=com.moodwatch.android.pro>



## T2 Mood Tracker

The National Centre for Telehealth and Technology (2013)

*Free*

Allows users to track their emotional experience over time and share this information with their health care provider. Can customize with categories of anxiety, depression, general well-being, head injury, post-traumatic stress, and stress.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/t2-mood-tracker/id428373825?mt=8>

<https://play.google.com/store/apps/details?id=com.t2.vas&hl=en>

## 4. STRESS

## Relax & Rest Guided Meditations

Meditation Oasis (2014)

\$

Provides three meditations of varying lengths along with written meditation tips.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/relax-rest-guided-meditations/id354176883?mt=8>

<https://play.google.com/store/apps/details?id=com.meditationoasis.rest&hl=en>

## Breathe2Relax

National Centre for Telehealth and Technology (2013)

*Free*

Includes stress management tools that give information on the effects of stress on the body and practice exercises for diaphragmatic breathing.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/breathe2relax/id425720246?mt=8>

<https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en>

## Headspace (on-the-go)

Headspace (2013)

*Free*

Daily guided meditations, science facts and figures, ability to track progress.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/headspace-on-the-go/id493145008?mt=8>

<https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en>

## Relax with Andrew Johnson Lite

HiveBrain Software (2012)

\$

Offers deep relaxation audio program.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/relax-andrew-johnson-lite/id307750844?mt=8>

<https://play.google.com/store/apps/details?id=com.hivebrain.andrewjohnson.relaxlite&hl=en>

## Stress Tracker

AboveStress, Inc (2012)

*Free*

Tracks stress, coping strategies, history and trends, and provides rankings for stress sources and symptoms.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/stress-tracker/id439288154?mt=8>

## Stress Free with Deepak Chopra

Signal Patterns (2011)

\$

Provides a six-week interactive online course. Uses exercises, guided meditations, music therapy, questionnaires, personalized nutrition advice and yoga to help reduce stress.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/stress-free-deepak-chopra/id341160276?mt=8>

## 5. SUICIDE

### Ask and Prevent Suicide

Mental Health America of Texas (2013)

Free

Contains information on suicide warning signs and local hotlines.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/us/app/ask-prevent-suicide/id419595716?mt=8>

<https://play.google.com/store/apps/details?id=com.mhatexas.askaboutsucide&hl=en>

### ReliefLink

Zhe Li (2013)

Free

Allows users to manage their daily mental health, monitor suicidal ideation, and to locate nearby mental health treatment facilities.

iPhone, iPod touch, iPad

<https://itunes.apple.com/us/app/reliefink/id721474553?mt=8>

## Operation Reach Out

The Guidance Group Inc. (2012)

*Free*

Provides resources and activities aimed at preventing suicide among military personnel and veterans. Contains a customizable help center feature that links to suicide prevention hotlines.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/operation-reach-out/id478899653?mt=8>

<https://play.google.com/store/apps/details?id=suicide.prevention.app>

## 6. WEIGHT MANAGEMENT

### Calorie Counter

MyFitnessPal (2014)

*Free*

Contains a large food database permitting users to keep track of calorie intake. App also includes a fitness tracker and goal setting function.

Android

<https://play.google.com/store/apps/details?id=com.myfitnesspal.android&hl=en>

### Lose It!

FitNow (2014)

*Free*

Provides a customized weight loss plan that meets the user's goals. Users can enter meals into app, track nutrients, and share exercises and recipes with friends.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/lose-it!/id297368629?mt=8>

<https://play.google.com/store/apps/details?id=com.fitnow.loseit>

## Tracker Fitness and Nutrition Tracking

Daily Burn (2013)

*Free*

Contains training plans and food/calorie tracking. Users can manage fitness and health goals with app, as well as create customized diet plans.

iPhone, iPod touch, iPad

<https://itunes.apple.com/us/app/dailyburn-tracker/id378928008?mt=8>

## 7. MEDICATION MANAGEMENT

### Dosecast

Montuno Software (2014)

*Free*

Users receive notifications to take medications, vitamins, or birth control pills. Offers customizable dose instructions and scheduling to match specific user needs.

iPhone, iPod touch, iPad, Android

<https://itunes.apple.com/ca/app/dosecast/id365191644?mt=8>

<https://play.google.com/store/apps/details?id=com.montunosoftware.dosecast>

### RxmindMe Prescription

Walgreen Co. (2013)

*Free*

Customizable reminder app for users taking medications, vitamins, and supplements. Users can monitor medication intake and email prescription history.

iPhone, iPod touch, iPad

<https://itunes.apple.com/ca/app/rxmindme-prescription-medicine/id379864173?mt=8>