

Free Mental Health and Wellness Apps

Stress Relief and Sleep Aid

- Relax Melodies (Apple and Android)
- Nature Sounds Relax and Sleep (Android)
- Calming Music to Simplicity (Android)
- Sleep Time – Alarm Clock (Apple and Android)
- Relaxing Sounds of Nature Lite (Apple)

Guided Meditation

- Anxiety Free (Apple)
- Take a Break! Guided Meditations for Stress Relief (Apple and Android)
- Stop, Breathe, and Think (Apple and Android)
- Relax and Sleep Well with Glenn Harold (Apple and Android)
- Calm.com (Computer, Apple & Android)
- Headspace (Android, Apple, Computer)

Stress Reduction

- Healthy Minds (Apple and Android)
- Qi Gong Meditation Relaxation (Android)—Relaxation Videos
- Breathe2Relax (Apple and Android)—Guided Breathing Exercises
- MindShift (Apple and Android)—Anxiety and Stress Reduction
- BellyBio Interactive Breathing (Apple) – Biofeedback with relaxing music
- I Can Be Fearless by Human Progress (Apple)

Mental Health Trackers

- Optimism (Apple)
- MyPsych (Apple) –Helps track mental health patterns
- PTSD Coach (Apple and Android)—Military App aimed at managing PTSD symptoms
- Operation Reach Out (Apple and Android)—Crisis and Suicide Prevention
- Positive Activity Jackpot (Android)—Depression and stress reduction
- Safety Net
- Previdence (Apple)—General Mental Health Check-Up
- T2 Mood Tracker (Apple and Android)—Tracks several mental health symptoms
- Worry Box – Anxiety Self-Help (Android)
- Stop Panic & Anxiety Help (Android)
- Self-Help for Anxiety Management (SAM) (Apple and Android)
- Anti-Anxiety APP (Apple and Android)
- Virtual Hope Box



BREATHE

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