



Canadian Mental
Health Association
Newfoundland & Labrador
Mental health for all

Mental Health Apps

These apps are for your Windows, iOS, and Android devices and have been provided for information only. The information contained in these resources does not constitute, and should not be relied on, as professional advice.

They are labelled by payment style: (F) free, (F/P) free with an option for a paid version, (S) for subscription, and (O) for one-time purchase.

Always consult your physician or appropriate health-care provider with respect to your circumstances.

The logo for Bridge the gApp, featuring the text "Bridge the gApp" in white on a black background. The word "the" is enclosed in a brown circle.

[Bridge the gApp Adult and Bridge the gApp Youth](#)

Use these online resources, designed to support mental wellness. (F)



[Headspace](#)

Learn the essentials of meditation and mindfulness with their free Basics pack. If you enjoy it, you can subscribe. (S)



[The Fabulous](#)

This science-based app is intended to help you build healthy rituals into your life. (F/P)



[THINK'n](#)

A web based program divided into short modules intended to teach strategies that help decrease stress, increase resiliency and prevent mental illness. (S)



[Calm](#)

A meditation app for beginners that also includes programs for intermediate and advanced meditators. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20, or 25 minutes so you can choose the length that best fits your schedule. (F/P)



[The Five Minute Journal](#)

The Five Minute Journal is based on proven positive psychology research. It focuses your attention on the good in your life and helps you set action in just 5 minutes a day.



[Stop, Breathe, and Think](#)

Emotional tracker lets you note moods before and after meditating and track your mental wellness over time. (S)



[Buddhify](#)

Made for meditation on the go (“Urban Meditation”) (O)



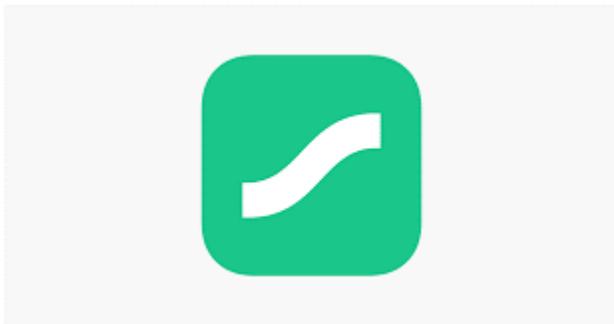
[Happify](#)

Overcome stress and negative thoughts. Build Resilience. (S)



[SAM \(Self-Help for Anxiety Management\)](#)

Self-Help for Anxiety Management (SAM) is a free app that provides people with instructions and activities for managing anxiety. Users can log in and trend their present level of anxiety, list things that make them anxious, read about activities for improving anxiety management, use tools (e.g. though recorder, breathing timer) for anxiety management, bookmark useful tools and approaches, and discuss anxiety management with other users. (F)



[Sanvello](#)

Clear and intuitive presentation of Cognitive Behavioural Therapy (CBT) techniques with less reliance on text entries than other apps. Additional techniques related to mindfulness, healthy behaviours and relaxation are included. Frequent and meaningful feedback and reminders. (O)



[Superbetter](#)

SuperBetter builds resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most. (F)



[Pain Coach \(WebMD\)](#)

WebMD Pain Coach offers a holistic approach to balancing lifestyle with chronic pain conditions to help inspire a better day. WebMD's new app is a mobile companion to help you through daily health and wellness choices so you can better manage your chronic pain. (F)



[Catch My Pain](#)

CatchMyPain is a pain diary app that helps you keep track of your pain and connect with similar patients.