Alberta Health Services

Alberta Addiction and Mental Health Research Partnership Program

ADDICTION AND MENTAL HEALTH MOBILE APPLICATION DIRECTORY 2015

ACKNOWLEDGEMENT

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 30, 2015. We invite you to comment, submit revisions and/or provide further information to us at 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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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)[1]. 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 30, 2015.

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.

[1] American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders, fifth edition.* Arlington, VA: American Psychiatric Publishing.

Report Format

For consistency, information is provided a standard format throughout this report. The mobile applications (apps) have been divided into categories based on their intended addiction or mental health use.

Major App Category

Specific App Category

App Name
Developer (Year of last update)
Cost*

Summary of the main features of app.

Platforms (iOS, Android)
Link to app

**Cost Legend:*

- *Free*
- *$ = $1.00-$5.00*
- *$$ = $6.00-$10.00*
- *$$$ = $11.00-$20.00*
- *$$$$ = $21.00-$50.00*
- *$$$$$ = >$50.00*

1.0 Neurodevelopmental Disorders

1.1 Communication Disorders

LetMeTalk: Free AAC Talker
Appnotize UG (2015)
Free

Users line up images in a meaningful way to read the images as a sentence. Allows users to create their own images from pictures taken with the device (smartphone/tablet).

Android
https://play.google.com/store/apps/details?id=de.appnotize.letmetalk&hl=en

Grace - Picture Exchange for Non-Verbal People
Steven Troughton-Smith (2014)
$$$$

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

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

iComm
Bappz (2014)
Free

A communication tool to using pictures and words designed for children that are unable to express their needs through speech.

iOS
https://itunes.apple.com/ca/app/icomm/id351726761?mt=8

Proloquo2Go
AssistiveWare (2014)
$$$$$

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.

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

1.2 Autism Spectrum Disorder

Autism Tracker Lite
Track & Share Apps (*2014*)
Free

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

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

Learn With Rufus: Emotions
Rufus Robot, Inc. (*2014*)
$

Aims to help children learn the facial expressions that correspond to happy, sad, angry, afraid, surprised, and disgusted. The game is highly customizable to meet the needs of children with varying skills, ability levels, and learning styles.

iOS, Android
https://itunes.apple.com/us/app/learn-with-rufus-emotions/id721911239?mt=8
https://play.google.com/store/apps/details?id=com.rufusrobot.emotions

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.

iOS
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.

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

1.3 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.

iOS
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.

iOS, Android
https://itunes.apple.com/ca/app/adhd-trainer/id687869470?mt=8
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.

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

Stay On Task
Jay Muntz (*2013*)
Free

Helps improve focus to aid in completing tasks. It will check up on the user at random intervals to help prevent procrastination.

Android
https://play.google.com/store/apps/details?id=valavg.stayontask&hl=en

2.0 Substance-Related Disorders and Addictive Disorders

2.1 Alcohol-Related Disorders

AlcoDroid Alcohol Tracker
Myrecek (*2015*)
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 (*2015*)
$

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

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

Addiction Treatment Locator
Marcel Gemme (*2014*)
Free

A directory for no-cost drug addiction rehabilitation treatment in Canada. Also includes support groups such as AA meetings, Al-Anon, and NA meetings.

iOS, Android
https://itunes.apple.com/ca/app/addiction-treatment-locator/id504795265?mt=8
https://play.google.com/store/apps/details?id=com.shrlck.rehabnew

Quit Drinking
HiveBrain Software (*2014*)
$

Uses hypnotherapy sessions to ease alcohol cravings and dependency.

iOS, Android
https://itunes.apple.com/us/app/stop-drinking-andrew-johnson/id365566955?mt=8
https://play.google.com/store/apps/details?id=com.hivebrain.andrewjohnson.drinking&hl=en

Saying When: How to quit drinking or cut down
Centre for Addiction and Mental Health (CAMH) (*2014*)
$

Includes a variety of tools to help decrease drinking. Users complete a self-assessment and create personalized goals. Coping strategies and a drink tracker are also included.

iOS
https://itunes.apple.com/ca/app/saying-when-how-to-quit-drinking/id881678936?mt=8

iAlcohol: Scientific BAC Calculator
Evolution Games LLP (*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.

iOS
https://itunes.apple.com/us/app/ialcohol/id357717342

2.2 Tobacco-Related Disorders

Quit it– stop smoking today
Tommy Kammerer (*2015*)
$

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.

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

Quit smoking - QuitNow!
Fewlaps (*2015*)
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.

iOS, 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 Smoking: Cessation Nation
Ron Horner (*2014*)
Free

Allows users to track time since last cigarette, the amount of money saved, number of cigarettes not smoked and heath improvements. Includes a game to help distract users when cravings arise.

Android
https://play.google.com/store/apps/details?id=com.horner.ronald.cessationnation

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.

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

2.3 Non-Substance Related Disorders (Gambling Disorder)

Take 10
RED the Agency (*2014*)
Free

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

iOS, Android
https://itunes.apple.com/us/app/take-10/id550485705?mt=8
https://play.google.com/store/apps/details?id=air.com.redtheagency.aglctake10

Stay on Track
NSW Department of Primary Industries (*2013*)
Free

Keeps track of gambling losses and wins, to better control spending.

iOS, Android
https://itunes.apple.com/au/app/stay-on-track/id670702473?mt=8
https://play.google.com/store/apps/details?id=au.gov.nsw.olgr.Stay_On_Track

Monitor Your Gambling & Urges
Centre for Addiction and Mental Health (CAMH) (*2012*)
Free

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

iOS, Blackberry
https://itunes.apple.com/ca/app/monitor-your-gambling-urges/id512241001?ls=1&mt=8
https://appworld.blackberry.com/webstore/content/128625/?lang=en

3.0 Depressive Disorders

Depression Calculator
Patient.co.uk (*2014*)
Free

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

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

Depression CBT Self-Help Guide
Excel At Life (*2014*)
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

Happy Habits: Choose Happiness
Excel at Life (*2014*)
Free

Utilizes the techniques of cognitive-behavioural therapy (CBT) to provide tools aimed at helping 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

Smiling Mind
Smiling Mind (*2014*)
Free

Daily mindfulness meditations to help alleviate stress, anxiety, and depression. Includes 6 programs tailored for different ages groups (i.e., children, teens, adults, seniors).

iOS, Android
https://itunes.apple.com/us/app/smiling-mind/id560442518?mt=8
https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en

Get Happy
Lisa Patterson-Kane (*2013*)
$

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

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

4.0 Bipolar and Related Disorders

iMoodJournal
Inex (*2015*)
$

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

iOS, 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 (*2014*)
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 who have bipolar disorder.

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

5.0 Anxiety Disorders

5.1 Panic Disorder

Stop Panic & Anxiety Self Help
Excel At Life (*2015*)
Free

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

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

Panic Attacks? Learn how to deal with panic and anxiety attacks
Geert Verschaeve (*2014*)
Free

Includes guided meditations and nature sounds to facilitate calmness and relaxation. Tips about panic disorders, and videos explaining physiological responses to panic attacks are also included.

iOS
https://itunes.apple.com/en/app/panic-attacks-learn-how-to/id520496221?mt=8

The Panic Attack Eliminator App
Charles Linden Media Ltd (*2014*)
$

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

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

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.

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

5.2 Agoraphobia

Agoraphobia Disease & Symptoms
Dmitry Grigorinov (*2014*)
Free

Provides information about agoraphobia, including causes, risk factors, symptoms, preparing for an appointment and treatment options.

Android
https://play.google.com/store/apps/details?id=agoraphobia.causes.diseases.symptoms.prevention.medicine

Journey out of Agoraphobia
Charles Linden Media Ltd (*2014*)
$$

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

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

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

5.3 Specific Phobia

Phobia Free
Virtually Free (*2014*)
$$$$

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

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

Dental Phobia
Codore (*2015*)
Free

Hypnosis sessions created specifically for dental phobia, which teach the user to relax their mind and body during their appointment.

Android
https://play.google.com/store/apps/details?id=com.codore.hypnosis_dental_phobia

Fear of Flying App
Michael Sannes (*2014*)
$

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

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

5.4 Social Anxiety Disorder (Social Phobia)

Beat Social Phobia with Andrew Johnson
Michael Schneider (2014)
$

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

iOS, Android
https://itunes.apple.com/ca/app/beat-social-phobia-andrew/id321996942?mt=8
https://play.google.com/store/apps/details?id=com.hivebrain.andrewjohnson.phobia2&hl=en

5.5 Generalized Anxiety Disorder

Pacifica
Pacifica Labs Inc. (2015)
Free

Offers tools to help ease stress and anxiety. Tools include a daily mood tracker and relaxation audio recordings.

iOS, Android
https://itunes.apple.com/us/app/pacifica/id922968861?mt=8
https://play.google.com/store/apps/details?id=com.pacificalabs.pacifica

The Linden Method
Charles Linden Media Ltd (2014)
$$$$$

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

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

MindShift
Creative B'stro (2014)
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.

iOS, Android
https://itunes.apple.com/ca/app/mindshift/id634684825?mt=8
https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en

Mood and Anxiety Diary
Happtic (2014)
$

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.

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

Smiling Mind
Smiling Mind (2014)
Free

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

iOS, Android
https://itunes.apple.com/ca/app/smiling-mind/id560442518?mt=8
https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en

6.0 Trauma- and Stressor-Related Disorders

6.1 Post-Traumatic Stress Disorder (PTSD)

PTSD and Traumatic Stress
Attention Shifting, LLC (2015)
$$$

Offers video and audio programs that discuss PTSD and traumatic stress, and help users manage their emotional states.

iOS, Android
https://itunes.apple.com/us/app/ptsd-traumatic-stress-anxiety/id769439348?mt=8
https://play.google.com/store/apps/details?id=com.attentionshifting.ptsdrecovery

PTSD Support
Mobile Roadie (2014)
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.

iOS, Android
https://itunes.apple.com/us/app/ptsd-support/id379160810?mt=8
https://play.google.com/store/apps/details?id=com.mobileroadie.app_718

PTSD Coach
Department of Veterans Affairs (2013)
Free

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

iOS, 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

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.

iOS, 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

7.0 Other Conditions

7.1 Dementia

Alzheimer's Daily Companion
Home Instead Senior Care (2015)
Free

Gives tips and practical advice for caregivers of individuals with Alzheimer's.

iOS, Android
https://itunes.apple.com/ca/app/alzheimers-other-dementias/id696976537?mt=8
https://play.google.com/store/apps/details?id=com.homeinstead.alzheimersassistantandroid

BPSD Guide – Dementia
University of New South Wales (2015)
Free

Quick reference guide that provides information about behavioural and psychological symptoms of dementia.

iOS, Android
https://itunes.apple.com/au/app/bpsd-guide-managing-behavioural/id879315185?mt=8
https://play.google.com/store/apps/details?id=au.edu.unsw.bpsdapp

Fit Brains Trainer
Rosetta Stone Canada Inc. (2015)
Free

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

iOS, 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
Lumos Labs, Inc. (2015)
Free

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

iOS, Android
https://itunes.apple.com/ca/app/lumosity-mobile/id577232024?mt=8
https://play.google.com/store/apps/details?id=com.lumoslabs.lumosity&hl=en

BrainyApp
Alzheimer's Australia (2014)
Free

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

iOS, Android
https://itunes.apple.com/ca/app/brainyapp/id473599106?mt=8
https://play.google.com/store/apps/details?id=com.b2cloud.brainyapp

7.2 Eating Disorders

Rise Up + Recover
Recovery Warriors (2015)
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.

iOS, Android
https://itunes.apple.com/ca/app/rise-up-+-recover-eating-disorder/id509287014?mt=8
https://play.google.com/store/apps/details?id=com.rur&hl=en

RR Eating Disorder Management
Recovery Record (2015)
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.

iOS, 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

Before I Eat
Standard Media LLC (2013)
$

Designed to help users manage food cravings and eating urges. Users can create customized plans that include guidance audio recordings, as well as daily journals and goal management tracking systems.

iOS, Android
https://itunes.apple.com/ca/app/before-i-eat-moment-in-zone/id733555197?mt=8
https://play.google.com/store/apps/details?id=com.standishmedia.BeforeIEat&hl=en

7.3 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.

iOS, Android
https://itunes.apple.com/ca/app/schizophrenia-psychopharmacology/id361354748?mt=8
https://play.google.com/store/apps/details?id=app.sampler.schizl&hl=en

7.4 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 children's version with a game-like setting featuring a Worry Wizard.

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

OCD
App Counselor (2011)
$

Learn skills to resist obsessions and compulsions.

Android
https://play.google.com/store/apps/details?id=air.com.asdspecialist.ocd&hl=en

8.0 General Information

8.1 Cognitive Behavioural Therapy (CBT)

CBT – I Coach
US Department of Veteran Affairs (2015)
Free

Provides strategies to improve sleeping habits and ease symptoms of insomnia.

https://itunes.apple.com/us/app/cbt-i-coach/id655918660?mt=8
https://play.google.com/store/apps/details?id=com.t2.cbti&hl=en

Cognitive Diary CBT Self-Help
Excel At Life (2015)
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

iCouch CBT
iCouch Inc. (2015)
$

Step-by-step guide through the CBT process. Can be customized to the individual and emailed to a health care professional or submitted through the app to an iCouch licensed psychologist (cost associated with this).

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

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.

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

8.2 Education Tools

PsycExplorer
The Psych Files (2015)
$

Keeps users informed of the latest news, blog posts, and videos in the field of psychology.

iOS
https://itunes.apple.com/us/app/psycexplorer/id389372937?mt=8

DSM-5 Diagnostic Criteria
American Psychiatric Association (2014)
$$$$$

Psychiatric reference including all diagnostic criteria from DSM-5.

iOS, 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

3D Brain
DNA Learning Center (2013)
Free

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

iOS, 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

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.

iOS, 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

8.3 Mood Tracking

T2 Mood Tracker
The National Centre for Telehealth and Technology (2015)
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.

iOS, 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

Mood Watch
Invitation Only (2014)
$

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

iOS, Android
https://itunes.apple.com/ca/app/mood-watch/id590103778?mt=8
https://play.google.com/store/apps/details?id=com.moodwatch.android.pro

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.

iOS, 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.

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

8.4 Stress

Breathe2Relax
National Centre for Telehealth and Technology (2015)
Free

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

iOS, 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 Inc. (2015)
Free

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

iOS, 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 & Rest Guided Meditations
Meditation Oasis (2015)
$

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

iOS, 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

Relax with Andrew Johnson Lite
HiveBrain Software (2015)
$

Offers deep relaxation audio program.

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

8.5 Suicide

Operation Reach Out
The Guidance Group Inc. (2015)
Free

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

iOS, Android
https://itunes.apple.com/ca/app/operation-reach-out/id478899653?mt=8
https://play.google.com/store/apps/details?id=suicide.prevention.app

Suicide Safe
SAMHSA (2015)
Free

This learning tool offers tips and advice for providers who are helping individuals cope with suicidal ideation.

iOS, Android
https://itunes.apple.com/us/app/suicide-safe-by-samhsa-suicide/id968468139?mt=8
https://play.google.com/store/apps/details?id=gov.hhs.samhsa.app.spa&hl=en

Ask and Prevent Suicide
Mental Health America of Texas (2014)
Free

Contains information on suicide warning signs and local hotlines.

iOS, Android
https://itunes.apple.com/us/app/ask-prevent-suicide/id419595716?mt=8
https://play.google.com/store/apps/details?id=com.mhatexas.askandprevent&hl=en

MY3 – Support Network
California Mental Health Services Authority (2014)
Free

Users can create a support system consisting of people, places, and coping strategies that they can turn to when feeling suicidal.

iOS, Android
https://itunes.apple.com/us/app/my3-support-network/id709651264?mt=8
https://play.google.com/store/apps/details?id=com.nerdery.my3&hl=en

ReliefLink
Emory University (2014)
Free

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

iOS
https://itunes.apple.com/us/app/relieflink/id721474553?mt=8

8.6 Weight Management

Calorie Counter
MyFitnessPal (2015)
Free

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

iOS, Android
https://itunes.apple.com/ca/app/calorie-counter-diet-tracker/id341232718?mt=8
https://play.google.com/store/apps/details?id=com.myfitnesspal.android&hl=en

Lose It!
FitNow (2015)
Free

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

iOS, Android
https://itunes.apple.com/ca/app/lose-it!/id297368629?mt=8
https://play.google.com/store/apps/details?id=com.fitnow.loseit

8.7 Medication Management

Dosecast
Montuno Software (2015)
Free

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

iOS, Android
https://itunes.apple.com/ca/app/dosecast/id365191644?mt=8
https://play.google.com/store/apps/details?id=com.montunosoftware.dosecast

MediSafe Medication Reminder
MediSafe Inc. (2015)
Free

Helps users to take their medicine on time. Also allows users to help their family with medication management.

iOS, Android
https://itunes.apple.com/us/app/medisafe-medication-reminder/id573916946?mt=8
https://play.google.com/store/apps/details?id=com.medisafe.android.client&hl=en

RxmindMe Prescription
Walgreen Co. (2014)
Free

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

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