**Websites for Mental Health:**

**Befrienders.org**: National and International Crisis resources website.

* Befrienders.org

**BetterBET**: Better Behaviors, Emotions and Thoughts – A free, modular website designed to help with common problems associated with depression. Must be 18 years or older to use.

* tiny.ucsf.edu/BetterBET

**Cognifit**: Website designed to help improve cognitive functioning (working memory, visual processing, speed, and attention.

* https://www.cognifit.com/

**Headspace**: Website to assist in training in mindfulness (comes in free version and paid).

* Comes in app form.
* https://www.headspace.com/

**FearFighters**: Website designed to assist with treating anxiety, phobias and panic attacks.

* Requires a paid account.
* http://fearfighter.cbtprogram.com/?

**Good Days Ahead**: Website designed to target depression and anxiety with CBT techniques.

* Comes with a supplementary iOS and Android application.

**MoodGYM**: Empirically-supported website to help with anxiety and depression.

* <https://moodgym.anu.edu.au/welcome>
* Recently became subscription-based

**This Way Up**: A web-based program that provides information and skills for overcoming anxiety, depression, insomnia, chronic pain, mindfulness, PTSD, stress, health anxiety, social phobia, panic disorder. Can be used for self-help, or clinician-assisted.

* Has companion apps on iOS and Android
* Starts at ~$60.
* https://thiswayup.org.au/how-we-can-help/courses/

**Smartphone Applications:**

**ACT Coach** (iOS): Designed to assist service members, veterans and others as an adjunct to treatment with Acceptance and Commitment Therapy. Assists individuals with coping with unpleasant emotions from PTSD, depression, anxiety, chronic pain, etc.

* <http://t2health.dcoe.mil/apps/ACTCoach>

**AIMS (Anger and Irritability Management Skills)**: Designed to provide coping skills for managing and reducing anger. Designed with Veterans in mind, but applicable to most people.

**CBT-i Coach**: Designed to implement CBT for insomnia as an adjunct to treatment. Guides users through learning about sleep, improving sleep hygiene, and alleviate symptoms of insomnia.

* <http://t2health.dcoe.mil/apps/CBT-i>

**DBT Self-Help** (Android and iOS): Provides a quick and easy way to learn and practice DBT. Broken down into mindfulness, emotion regulation, interpersonal relations, and distress tolerance.

* Android version slightly differs (goes by DBT Self-Help and Diary).
* https://psyberguide.org/products-2/dbt-self-help/

**Headspace** (Android and iOS): App designed to train individuals in mindfulness.

* https://www.headspace.com/

**Intellicare App Suite** (Android, iOS planned): A suite of apps designed to target various symptoms and activities. Users can utilize the Intellicare Hub app to manage notifications and apps in the same place, but it is not required.

* *Aspire*: Assists in setting goals and identifying concrete steps to meet them.
* *Daily Feat*: Assits in creating small, achievable daily goals to combat low energy and motivation.
* *Day to Day*: Provides frequent affirmations and “tips and tricks” for keeping an improved mood. The short messages can help to refocus attention in the moment away from problematic thoughts or feelings towards more helpful and constructive alternatives.
* *iCope*: Allows users to enter their own inspiration and supportive messages that they can send to themselves later, as they need them.
* *ME Locate*: Connects with Google Maps and helps users find and remember locations that help make them feel positive or relaxed.
* *MoveMe*: Helps users integrate physical activity into their daily lives, and provides suggestions for 10-15 exercise routines.
* *MyMantra*: Lets users input personally meaningful phrases about users’ own strengths and virtues, then organize these into albums that users can access at any time.
* *Purple Chill*: A relaxation app that contains a variety of audio exercises that guide users through mindful meditation practice.
* *Social Force*: Helps users stay in contact with important friends, relatives and other supporters. Users enter contact info and specify the kinds of support they receive from that person, and the app will remind them of who they can go to in times of distress.
* *Slumber Time*: Assists users in tracking the quality of their sleep while learning to practice better sleep hygiene.
* *Thought Challenger*: Helps users reframe problematic thoughts and get new perspectives on their thinking. Users record troublesome thoughts and are then prompted to come u with helpful and constructive responses.
* *Worry Knot*: Targets anxiety that can arise when users face situations that feel overwhelming or confusing. Offers education about “Tangled Thinking” as well as practice in reducing worry as it happens.

**Moving Forward** (iOS): An app with a companion website to teach problem solving skills for life problems.

* http://t2health.dcoe.mil/apps/MovingForward

**mTBI Pocket Guide** (Android and iOS): A pocket guide that serves as a comprehensive quick-reference guide to improve care and outcomes for mild TBI patients.

* http://t2health.dcoe.mil/apps/mtbi

**Parenting2Go** (iOS): Designed as an adjunct to treatment to help veterans reconnect with their family after deployment.

* http://t2health.dcoe.mil/apps/Parenting2Go

**PTSD Coach** (Android and iOS): Designed to assist veterans and civilians work through symptoms of PTSD.

* <http://t2health.dcoe.mil/apps/ptsd-coach>

**Safety Plan by Blue Bird Technologies** (Android): A customizable pocket safety plan using evidence-based intervention for crisis management.

**Self-Help for Anxiety Management** (Android and iOS): Designed for those who suffer from significant anxiety. Provides users with a symptom tracker, educational articles, external links, relaxation techniques, coping skills, and practice for managing anxiety. The app is trialing a “Social Cloud,” a closed social networking function that allows users to share experiences, suggestion, and support.

* https://psyberguide.org/products-2/self-help-for-anxiety-management/

**SuperBetter** (Android and iOS): App designed to “gamify” treatment for depression.

* Provides goals, motivators, and quests to help with treatment.
* <https://www.superbetter.com/>

**Stay Alive** (Android and iOS): A pocket safety plan to help individuals in crisis. Provides resources for crisis, with the ability to add in your own.

* Resources are for those in the UK

**Stay Quit** (iOS): Assists the client prevent smoking relapse. Recommended to be used as an adjunct, and not as a replacement for smoking cessation.

* http://t2health.dcoe.mil/apps/StayQuit

**Virtual Hope Box** (Android and iOS): App designed to provide simple tools for coping, relaxation, distraction, and positive thinking. Content can be modified to the client’s individual needs.

* Useful for multiple populations, and research has shown it to be helpful for clients who self-harm.
* <http://t2health.com.mil/apps/virtual-hope-box>

**Woebot** (Android, iOS, Facebook Messenger)**:** An automated tool to help cope with stress and depression. Checks in during the day and teaches various coping skills. Can be tailored to the users most pertinent issues (sleep, postpartum depression, anxiety, procrastination).

Miscellaneous Apps and Sites:

**Wunderlist** (Android, iOS, and Website): Organize tasks into different categories, set reminders, upload files, and share to-do lists with others.

* Samsung users get one year of premium for free.
* <https://www.wunderlist.com/home>

**LifeRPG** (Android)**:** Gamifies and helps prioritize day-to-day tasks, and goals by awarding experience points to custom skills, tasks. Allows you to custom the app to reward you for completing certain tasks, leveling up, or increasing skills via sounds, emojis, etc.

* <https://play.google.com/store/apps/details?id=com.jayvant.liferpgmissions>

Most resources were found at Psyberguide and National Center for Telehealth & Technology:

*PsyberGuide: https://psyberguide.org/product-listing/#all-products*

*National Center for Telehealth & Technology: http://t2health.dcoe.mil/products/mobile-apps*