



Rice University Counseling Center

Free Mental Health Apps

1. ACT Coach: a supplement to Acceptance Commitment therapy (ACT), helps you to tolerate negative thoughts and decrease self-doubt, mindfulness focus
2. Breathe 2 Relax: Stress management tool that decreases stress response, increases mood stabilization, increases anger control, and helps cope with anxiety all through diaphragmatic breathing (belly breathing) exercises.
3. Happify: Positive psychology app that helps to address negative thoughts and teach anxiety and stress coping skills
4. Mindshift: Anxiety coping skills, includes tools for decreases perfectionism, social anxiety, performance anxiety, panic and other anxiety related issues.
5. Operation Reach Out: Safety planning for suicidal ideations, videos for people with suicidal thoughts that provide encouragement and information, information for people who are trying to prevent suicide
6. PTSD Coach: Teaches about PTSD and how to manage symptoms
7. Quit Pro: Smoking cessation app
8. SAM: Identify anxiety triggers and learn coping skills
9. Step Away: Pro-sobriety app that helps decrease heavy drinking through identifying triggers and learning coping skills
10. Stop, Breathe, Think!: Mindfulness meditation app
11. Optimism: Self-tracking tool for issues including depression, bipolar, anxiety, and PTSD. Track triggers and create a Wellness Plan that allows you to chart your coping skills.

- 12.Omvana: Access to meditation sounds, music, and guided sessions. Focus on mindfulness, stress, relaxation, sleep and more.
- 13.Smiling Mind: Meditation app
- 14.Take a Break!: Stress Reduction App
- 15.Awoken: Teaches lucid dreaming. Helpful for people who have dreams that wake them in the night and disrupt their sleep.
- 16.Relax and Sleep Well by Glenn Harrold: Hypnosis and meditation app. Sessions for insomnia, stress, anxiety, self-esteem, and many more.
- 17.Sleep Well Hypnosis: Uses relaxing sounds along with the voice of a hypnotist to lull you into relaxation.
- 18.Headspace: Guided meditations and mindfulness techniques to help manage stress and anxiety.
- 19.HelloMind: Guided relaxation exercises that focus on anxiety, fears, phobias and confidence.
- 20.What's Up- Uses CBT to train anxiety sufferers how to identify negative thinking patterns and the sources of their anxiety.
- 21.A Simple and Free DBT Skills Diary: DBT skills practice
- 22.DBT Trivia and Quiz: A simple and fun quiz game that teaches DBT skills
- 23.Rise Up+ Recover: For those struggling with food dieting, exercise, and body image. Based on CBT.
- 24.Relaxation App: Various guided relaxation recordings that vary in length from 5 to 40 minutes.