

App Name	Age Group	Targets	Cost
Mood/Anxiety Intervention Apps			
Breathe, Think, Do with Sesame	2-5	Teaches skills such as problem-solving, self-control, planning, and task persistence.	Free IOS, Android
Chill Outz	4-10	Animated stories teaching children proven techniques to stay mindful & relaxed anywhere, anytime.	\$4.99 IOS
Calm	Ages 9+ (kids pack unlocks for 5 – 8)	Meditation, relaxation	Free to try; offers monthly/yearly/lifetime subscription options to unlock all features and meditations; educator option available IOS, Android
Dreamy Kid	Ages 4+	Meditation, guided visualization, and affirmations.	Free IOS, android
Headspace	Ages 9+ (kids pack unlocks for 5 and under)	Guided Mediation	Free to try; upgrade subscription options available Free IOS, Android
Smiling Mind	7-18	Mindfulness meditation techniques, targeted at different ages including one for ages 7-9 which is designed for young children who are learning new social skills, new ideas and who	Free IOS

		they are as they learn independence from parents and family. The program for ages 13-15 is designed to support teenagers as they transition to high school and make new friends.	
Stop, Breathe & Think Kids	5-10	Animations, Movement activities for breathing, meditation, emotional regulation	Free IOS
CBT Tools for Youth	8-18	Teaches CBT strategies for understanding and responding to thoughts and emotional guiding behaviors. Includes the following features: Emotion Tracker, Emotion Graph and History Log, Relaxation Skills, Thinking Skills, Positive Actions, and Email My Therapist (send data from the app to your therapist or school counselor)	Price: \$2.99 (iOS) iPhone
My3 – Support Network My3 Suicide Prevention App	Teens	My3 is a crisis support app for people who have suicidal thoughts. The app features a contact list to call in case of emergencies. The list includes three of the user's trusted contacts, 911 and the National Suicide Hotline. My3 also includes a safety plan which lists coping strategies and distractions. It's one of the best apps that help teens with mental health struggles that include suicidal ideation.	Free IOS, Android

Sanvello (formerly Pacifica)	Teens, Adults	CBT strategies, tools mindfulness, meditation, relaxation and mood/health tracking.	The basic version is free and the paid version is \$8.95 a month, \$55 a year, or \$199 lifetime.
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MoodTrack Diary	Teens, Adults	Users to rate and record their moods several times throughout the day, and it gives users a central place to write down relevant or significant daily events and medication use	Free
MindShift CBT Anxiety Canada	Teens, Adults	This app offers strategies to overcome everyday anxiety and specific tools to use when facing panic, worry, and conflict. Also tracks moods, data.	Free
T2 Mood Tracker	Teens, Adults	This app is designed to help users track 6 categories of moods: depression, anxiety, overall wellbeing, TBI, stress, and PTSD.	Free
eMoods Bipolar Mood Tracker	Teens, Adults	Users rate their mood, irritability, and anxiety on a four-point scale, ranging from “none” to “severe.” Users are also asked to record whether or not they are experiencing psychotic symptoms. Behavioral data is also recorded, which includes the amount of sleep the user got the night before, if the user has been in therapy recently, and the user’s current medications.	Free
Sleep Trackers			

Sleep Cycle	Teens, Adults	This sleep tracking app records sleep quality plus the average time you are spending in your bed. It gives you a detailed analysis of your hours — When are you in deep asleep? When is your lightest sleep phase? When are you waking up on an average? It collates the data and further pins down your weekly and monthly sleep patterns	Free
Podcasts	Kids, Parents	GoZen! Mindful Minutes podcast helps kids relieve stress and anxiety with tips supported by cutting-edge research from the fields of positive psychology, neuroscience, and mindfulness.	
Blogs	Kids, Teens, Parents	Website, blog/collection of mental health support resources. https://youngminds.org.uk/blog/	
Compendium of Resources (Not included above)	Kids, Teens	Apps, games, workbooks, other resources. https://foundrybc.ca/get-support/apps-tools/?return_page=1292	