APPS and WEBSITES-Free and Fee Based

- **3 Minute Mindfulness-**Free meditation and breathing app. There is also a subscription level of service
- **Breathe2relax-** an app with hands-on diaphragmatic breathing exercise
- **Buddhify**-mediation app for a fee.
- **Izen-**free relaxing light and music app
- **Calm.com-**Free website and mobile app with guided meditation and relaxation exercises.
- **Calmharm-**an app that provides tasks that help you resist or manage the urge to self harm. You can add your own tasks too and it's completely private and password protected.
- **Colorfly-**free coloring book app
- **eCBT-**a set of Apple™ apps that provides therapeutic skills and education based on the principles of Cognitive Behavioral Therapy (CBT).
- **Happify-**Activities and games for stress and anxiety
- **Headspace-**"Meditation made simple." This app has a free introductory period, after which it requires a paid subscription to continue to use.
- **Insight Timer-**Free mobile app with virtual "bells" to time and support your meditations.
- **Ichill**
- **iSleepEasy-**A calm female voice helps you quell anxieties and take the time to relax and **sleep**, in an array of guided meditations
- **Meditation Oasis-**meditation and music
- **Mindshift-** Free mobile app for teens developed by AnxietyBC, with mindfulness and other coping skills for anxiety
- **Mood 24/7-**website
- **Mood meter-**free app with available upgrades that aims to build emotional intelligence.
- **Optimism-**Track your moods, keep a journal, and chart your recovery progress with this comprehensive tool for depression, bipolar disorder, and anxiety disorders.

- **Smiling Mind-**Free mobile mindfulness app for young people, from Australia
- **Sosh-**an approach to social skills based on a decade of work with children, adolescents, and young adults who struggle with social difficulties. The Sosh framework divides social functioning into five areas essential to social skills development and success: Relate (Connect with Others), Relax(Reduce Stress), Regulate (Manage Behaviors), Reason (Think it Through) and Recognize (Understand Feelings).
- **Stop Breathe Think-**Free web and mobile app for youth, with meditations for mindfulness and compassion
- **Virtual Hope box-**teaches breathing, relaxation, inspirational quotes, save coping tools.
- **For more apps visit: http://bit.ly/2fpqmNr**