**Apps. For Depression / Anxiety**

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| Anxiety | <https://www.anxietybc.com/> |
| Insight Timer | <https://insighttimer.com/> |
| Stop, Think, Breathe App | <https://itunes.apple.com/US/app/id1215758068?mt=8> |
| Mindshift App | <https://www.anxietybc.com/resources/mindshift-app> |
| Headspace | <https://www.headspace.com/headspace-meditation-app> |
| Calm | <https://www.calm.com/> |
| Anxiety Management | <http://sam-app.org.uk/> |
| Daylio | <https://daylio.webflow.io/> |
| My Smiling Mind | <https://www.smilingmind.com.au/> |
| What’s Up - mental health | <https://play.google.com/store/apps/details?id=com.jacksontempra.apps.whatsup&hl=en> |
| DARE | <https://apps.apple.com/us/app/dare-break-free-from-anxiety/id1034311206> |
| SuperBetter | <https://apps.apple.com/us/app/superbetter/id536634968> |

<https://www.refinery29.com/en-us/best-mood-tracker-apps#slide-16>