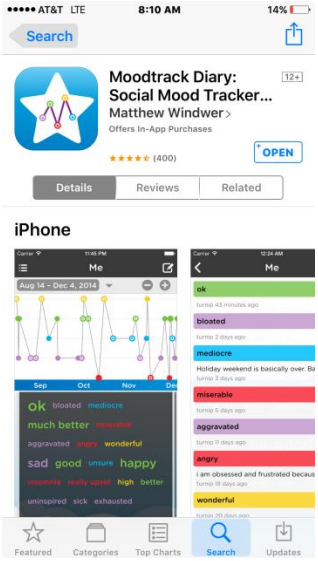
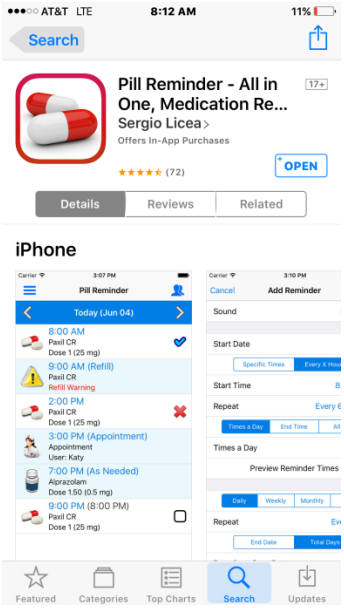
MENTAL HEALTH PHONE APPS



Moodtrack Diary: Social Mood Tracker & Mood Tracking Journal

https://itunes.apple.com/us/app/moodtrack-diary-social-mood/id549251057?mt=8



Pill Reminder - All in One, Medication Reminders

https://itunes.apple.com/us/app/pill-reminder-all-in-one-medication/id816347839?mt=8

Graph your moods on the fly. Track as little or as often as you want (mood-swings? no problem!), whenever you want (at home, on the go, and even without Internet!), and look back to see your moods over weeks, months, and years to learn about yourself and live better!

See what others are going through and optionally chat anonymously. Form instant friendships and support networks. Get support when you need it, and give support when you feel like it.

An optional upgrade is available to keep your journal private. Everything else is free.

- Works offline, and syncs when you're online (must turn on sync)
- Share with a counselor or friend
- Track as often as you want, whenever your want
- Daily reminders (with push notifications enabled)
- View on your computer
- Fingerprint lock (Touch ID devices only)

ONLY WITH APPLE

Pill Reminder is an easy-to-use and reliable app that helps you remember to take your medications at the right time. It allows you to create any type of recurring reminders (every X hours, specific times, daily, weekly, monthly, every X days, etc). It tracks the remaining quantity of each medication and shows a refill alert when running low.

It has everything you need:

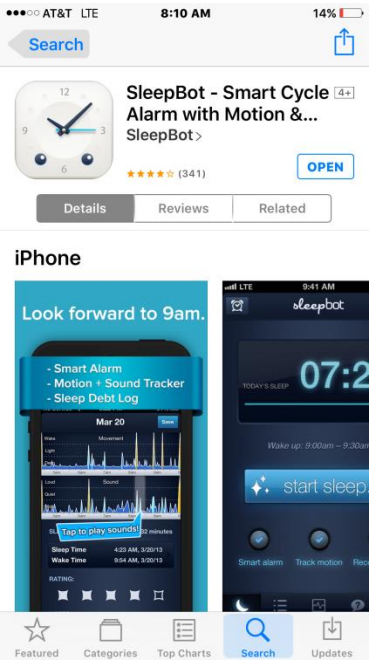
- Reschedule Medications
- Refill Reminders
- PRN (as needed) Medications
- Calendar
- Reminders for Medical Appointments
- Email Reports to your Physician
- Multiple User Support

By remembering to take all of your medications at the right time, you are taking control of your own health.

MENTAL HEALTH PHONE APPS

Pill Monitor - Medication Reminders and Logs

https://itunes.apple.com/us/app/pill-monitor-medication-reminders/id485247638?mt=8



SleepBot - Smart Cycle Alarm with Motion & Sound Tracker

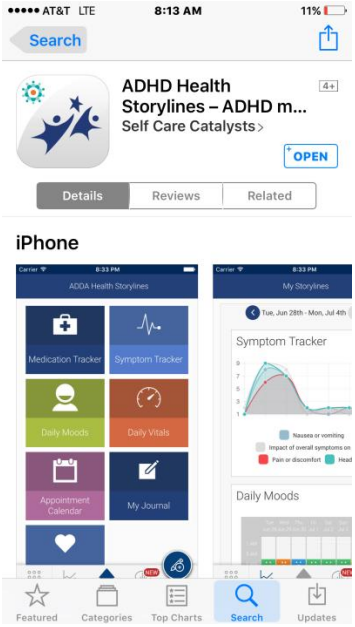
https://itunes.apple.com/us/app/sleepbot-smart-cycle-alarm/id578829107?mt=8

ONLY WITH APPLE

Let Pill Monitor remind you taking pills on time. Pill Monitor is designed to manage any of your pills/medications, don't miss taking pills again because of so many things to do or bad memory.
Key Features:
- Schedule reminder of your pill.
- Customer reminder time, repeat date and dosage of pills.
- Remind you on time no matter if you are operating this app or not.
- Choose to take, skip or snooze pills when it reminds.
- Chose snooze time if you are not convenient to take pills.
- Check your current reminders and upcoming reminders.
- Eleven different reminder sounds for you to choose for each pill.
- Comprehensive manage your pills' info: side effects, recommend dosage, units, form, rx number etc.

SleepBot is an intuitive smart alarm and beautiful sleep cycle tracker that lets you record movements and sounds throughout the night. Customize how you want to sleep and wake up gently each morning during your lightest sleep phase. Listen to soothing ambient soundtracks as you fall asleep.
SleepBot is the most complete sleep tracker, smart alarm, and ambient sound machine in the App Store:
– Smart wake up: Gradual alarm based on movements and noise within 30 minutes before first alarm!
– Multiple alarms capability: Only smart alarm that lets you set multiple alarms as alerts or precautions
– Movement tracking: Adjustable sensitivity, easily compare with sound graphs
– Sound tracking: Detailed sound graphs let you play back noise with a tap

MENTAL HEALTH PHONE APPS



ADHD Health Storylines – ADHD management and self-care for adults

https://itunes.apple.com/us/app/adhd-health-storylines-adhd/id982558011?mt=8

Developed in partnership with the Attention Deficit Disorder Association (ADDA), this app makes it easy to record your symptoms, routines, moods, medication, and more for adult attention deficit hyperactivity disorder (ADHD).

BUILD SELF-AWARENESS

Track your symptoms, moods and thoughts using built-in tools to quickly and conveniently capture events and their effects as they happen.

SET REMINDERS

Plan and create a routine and medication schedule, all with auditory and visual alerts.

CELEBRATE ACCOMPLISHMENTS

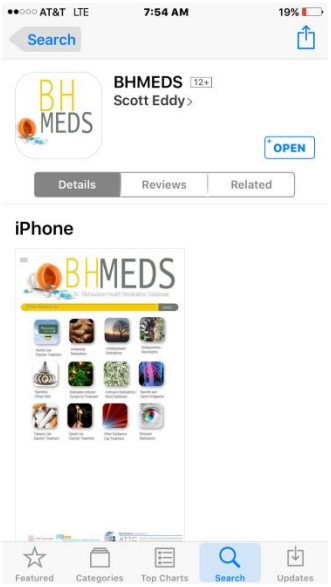
Record completing everyday chores, share insights and capture achievements in the success journal.

CREATE GOOD HABITS

Build personalized routines and track your weekly progress towards creating successful habits.

SHARE THE JOURNEY

Every captured event is summarized in a simple view called “My Storylines.”



BHMEDS

https://itunes.apple.com/us/app/bhmeds/id929697306?mt=8

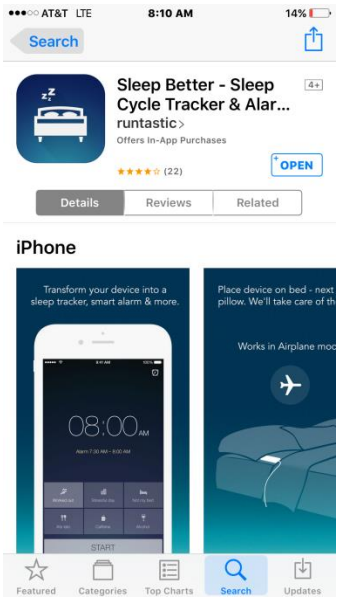
BH Meds - Behavioral Health Medication Database

Get quick and easy access to up-to-date information on generic and brand name medications. BHMEDS provides a basic understanding of medication dose, frequency, side effects, emergency conditions, abuse potential, cautions and considerations for pregnant women. It is designed as a "quick desk-top reference" of medications commonly prescribed in the treatment of persons with substance use disorders and/or mental health conditions. If you are a behavioral health or allied health professional and do not have medical training, this App is for you!

MENTAL HEALTH PHONE APPS

Relax Melodies: Sleep zen sounds & white noise for meditation, yoga and baby relaxation

https://itunes.apple.com/us/app/relax-melodies-sleep-zen-sounds/id314498713?mt=8



Sleep Better - Sleep Cycle Tracker & Alarm Clock

https://itunes.apple.com/us/app/sleep-better-sleep-cycle-tracker/id922541792?mt=8

Can't sleep? In 20 minutes you will, or less. Introducing the most popular sleep aid app! Start sleeping now and enjoy full nights of sleep like you haven't in a long time! Here's how it works: Select sounds and melodies that you like and combine them to create a mix. Adjust the volume of each sound individually for better results. Lay back, listen, and enjoy falling asleep. Is that simple and it works. Use timers and alarms if needed. Try different and new mixes every time!
Can also be used in many other situations. Perfect during some of your favorites activities such as relaxing at the spa, exercising in your yoga or relaxation classes, massaging sessions, or even when taking a nap! For parents, the ideal to help your baby fall asleep!

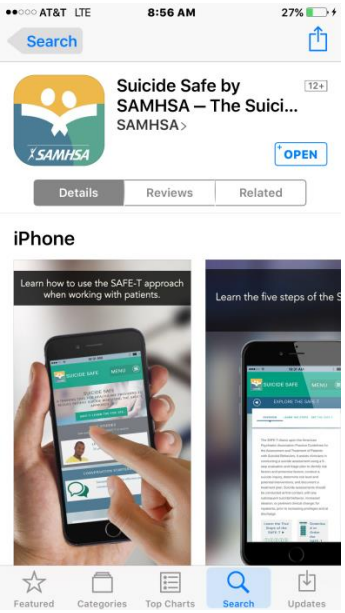
APP FEATURES & BENEFITS:
- Track your sleep duration, cycles and efficiency with the simple tap of a button
- Develop a better understanding of your light sleep, deep sleep & time spent awake in bed, (when falling asleep or waking up in the morning)
- Use the Smart Alarm to wake up at the ideal time
- Enter daily habits & variables, such as caffeine consumption, exercise info, alcohol consumption and stress level, to determine the effects of these variables on your sleep
- Your sleep data stored: All your Zzz data will now be stored within your Runtastic account. Therefore, you can change devices or get a new iPhone and not lose any sleep.

MENTAL HEALTH PHONE APPS

It's easier than ever to provide support in the aftermath of disasters, and focus on what really matters—the people in need. SAMHSA Behavioral Health Disaster Response App, recipient of a Silver Web Health Award from the National Health Information Center, is designed for behavioral health professionals and provides access to evidenced-based mental health and substance use information, tools, and resources for use in the field.

SAMHSA Behavioral Health Disaster Response App

https://itunes.apple.com/us/app/samhsa-behavioral-health-disaster/id787518271?mt=8



Suicide Safe is a suicide prevention learning tool for primary care and behavioral health providers and is based on the nationally recognized Suicide Assessment Five-step Evaluation and Triage (SAFE-T) practice guidelines. Suicide Safe helps providers feel confident to assist patients who present with suicidal ideation. The app offers tips on how to communicate effectively with patients and their families, determine appropriate next steps, and make referrals to treatment and community resources.

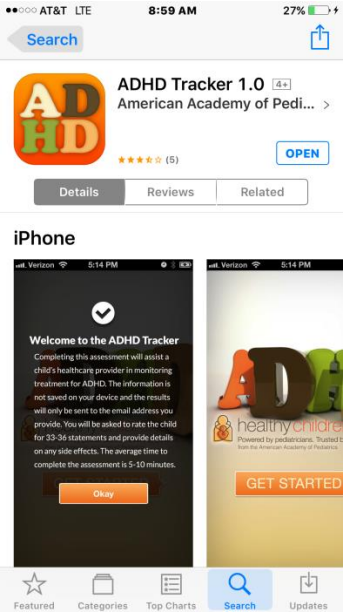
Features:

- Learn the five steps of the SAFE-T approach in working with patients and easily download resources for use offline.
- Study interactive sample case studies to see the SAFE-T approach in action.
- Browse conversation starters that provide sample language and tips for talking with patients about their suicidal ideation.
- Explore clinical and educational resources and share crisis line phone numbers and other patient-focused materials.
- Use SAMHSA's Behavioral Health Treatment Services Locator to provide timely referrals for patients. The Locator can be filtered by type and distance.

Suicide Safe by SAMHSA – The Suicide Prevention App for Primary Care and Behavioral Health Providers

https://itunes.apple.com/us/app/suicide-safe-by-samhsa-suicide/id968468139?mt=8

MENTAL HEALTH PHONE APPS



ADHD Tracker 1.0

https://itunes.apple.com/us/app/adhd-tracker-1.0/id553571938?mt=8

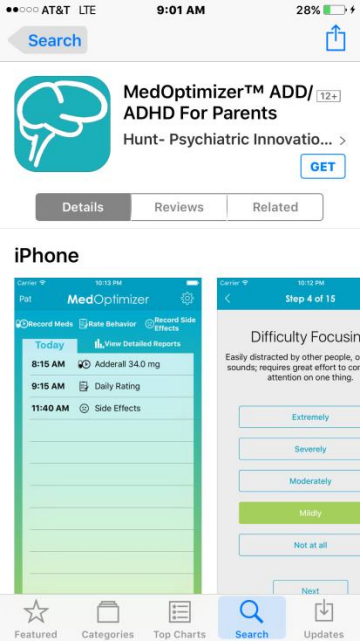
ONLY WITH APPLE

Using the Vanderbilt Scales published by the American Academy of Pediatrics, ADHD Tracker makes completing and submitting a behavioral assessment easier for parents and teachers of children ages 4 through 18 years who have already been diagnosed and treated for ADHD.

This app helps track behavior patterns and ADHD symptoms using the NICHQ Vanderbilt Assessment Follow-Up, part of the American Academy of Pediatrics "Caring for Children with ADHD: A Resource Toolkit for Clinicians, 2nd Edition."

Once completed, the assessment results can be emailed for further analysis by a healthcare provider who can review the results and any side effects to medication to help determine whether a child's treatment plan needs to be modified.

This app is not a diagnostic tool. It can assist a healthcare team to monitor a child's progress with ADHD treatment in school and at home, helping them gain a better understanding of how ADHD is impacting the child's mental and physical health.



MedOptimizer™ ADD/ADHD For Parents

https://itunes.apple.com/us/app/medoptimizer-add-adhd-for/id644331183?mt=8

ONLY WITH APPLE

MedOptimizer™ ADD/ADHD For Parents—because "better" is not good enough.

You know you've found the right ADHD medication treatment plan when your child is able to experience life in the way you've always hoped.

They are able to achieve goals, enjoy triumphs, cope with challenges, make friends, and build self-esteem because their negative ADHD symptoms no longer get in their way and their medication doesn't either.

Designed by a psychiatrist with more than 30 years of experience treating ADD/ADHD, MedOptimizer™ is the only proactive ADHD app created specifically for parents struggling to find the best-fit treatment plan for their children.

MENTAL HEALTH PHONE APPS

Parentable: Parenting Tips, ADHD & Children News

https://itunes.apple.com/us/app/parentable-parenting-tips/id649802765?mt=8

ONLY WITH APPLE

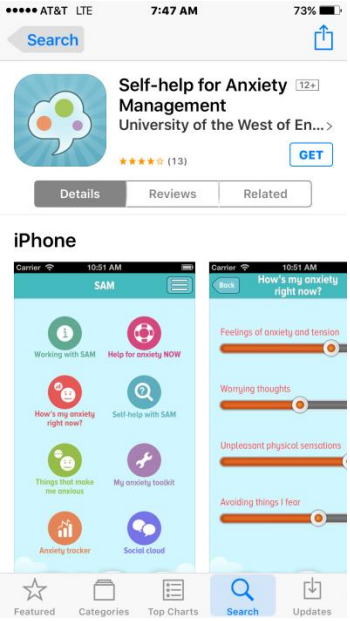
Parentable is the app resource for news, updates and research about:
> Attention deficit hyperactivity disorder – ADHD/ADD
> Obsessive compulsive disorder – OCD
> Autism
> Learning Disorders
Plus
> Family-time activities
> Vacation ideas
> Kids' health
> Product recalls
Download Parentable now and increase your knowledge.

Sleep Time : Sleep Cycle Smart Alarm Clock Tracker, Insights Analysis, Better Soundscape

https://itunes.apple.com/us/app/sleep-time-sleep-cycle-smart/id555564825?mt=8

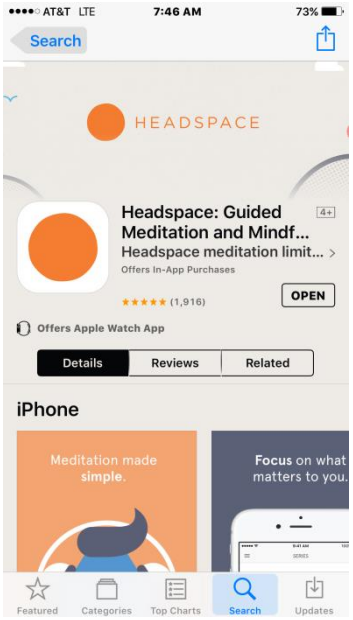
Fall asleep, stay asleep, and wake up refreshed! Sleep Time doubles as a comprehensive sleep analysis app and alarm clock. Celebrating the release of version 2.21, Sleep Time is the first sleep app with iOS 8 support and Apple Health integration!
√ Set the alarm clock with a single gesture
√ Fall asleep to soundscapes or white noise!
√ Alarm rings even in silent mode
√ Choose from any of our 20 built in alarms
√ OR wake up to your favorite song from iTunes!
√ Sleep Lab™ with sleep cycle analysis
√ Detailed monthly and weekly graphs
√ Advanced wake-up optimization algorithm
√ Instant Heart Rate integration to detect pulse after waking up
√ Full history and graphs make comparison easy
√ Backup and restore your sleep data on the cloud
√ No glasses needed for our easy to read interface!
√ Apple Health Integration

MENTAL HEALTH PHONE APPS



Self-help for Anxiety Management

https://itunes.apple.com/us/app/self-help-for-anxiety-management/id666767947?mt=8



Headspace: Guided Meditation and Mindfulness

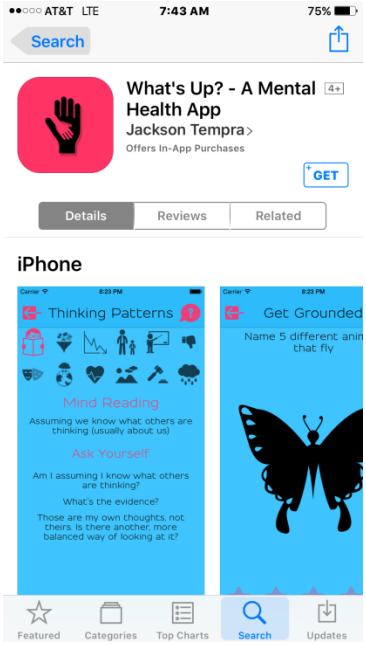
https://itunes.apple.com/us/app/headspace-guided-meditation/id493145008?mt=8

SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.
SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.
The key features of SAM are:

- Clearly laid out menus
- User guidance
- External links
- Self-monitoring of anxiety with graphical display
- 25 self-help options covering: Information about anxiety, Thinking and anxiety, Physical relaxation, Mental relaxation, Health and Anxiety
- Guidance on putting self-help into practice
- Closed social network of SAM users

Meditation made simple. Guided meditations suitable for all levels from Headspace. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.
FEATURES
- Free access to Take10, the first level of our Foundation Course - learn the basics in 10 x 10 minute meditation exercises designed for beginners
- Personalised progress page to track your stats
- Buddy system for you and your friends to motivate each other on your Headspace Journey
- Rewards for regularly using our meditation app
- Reminders to keep you on track with your practice
- Options for you to continue your journey after Take10, with inspiring packs and one-off sessions on a range of topics such as stress relief, happiness, mental health and appreciation
- Ability to download sessions for offline use

MENTAL HEALTH PHONE APPS



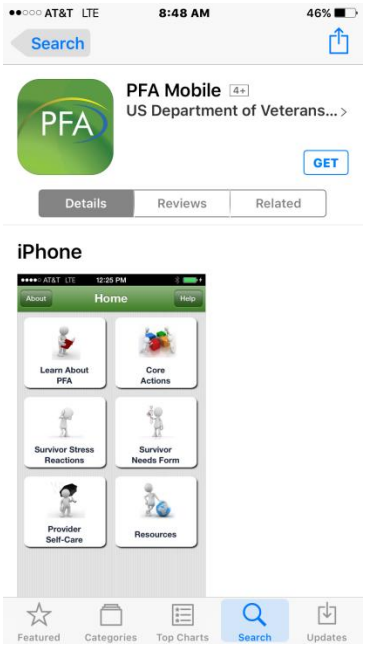
What's Up? - A Mental Health App

https://itunes.apple.com/us/app/whats-up-a-mental-health-app/id968251160?mt=8

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!

Top Features:

- 12 common negative thinking patterns and simple methods to overcome them
- 10 great metaphors to help you cope with negative feelings
- A comprehensive diary to keep your thoughts and feelings together in, including the ability to rate feelings on a scale out of 10
- A positive and negative habit tracker. Set goals to practice those good habits while ending the bad ones!
- A grounding game containing over 100 fun questions to help keep you grounded and in the present when stress is taking over

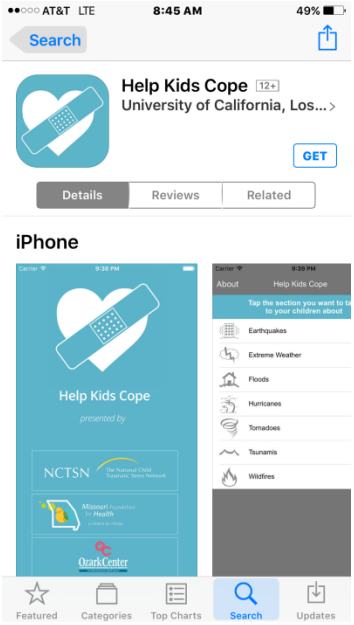


PFA Mobile

https://itunes.apple.com/us/app/pfa-mobile/id551079424?mt=8

PFA Mobile was designed to assist responders who provide psychological first aid (PFA) to adults, families, and children as part of an organized response effort. This app provides responders with summaries of PFA fundamentals, PFA interventions matched to specific concerns and needs of survivors, mentor tips for applying PFA in the field, a self-assessment tool for readiness to conduct PFA, and a survivors' needs form for simplified data collection and easy referral. PFA Mobile was created by VA's National Center for PTSD in partnership with the National Child Traumatic Stress Network (NCTSN) and DoD's National Center for Telehealth & Technology.

MENTAL HEALTH PHONE APPS



Help Kids Cope

https://itunes.apple.com/us/app/help-kids-cope/id1069028637?mt=8

Help Kids Cope is an app designed to assist parents in talking to their children about different disasters they may experience or have already experienced. This app includes 10 different disaster types with sections in each on how to explain, prepare, respond, and heal from the event their family is concerned with. Each section gives guidance on talking to preschool, school-age, and adolescent children, as well as, includes ways parents can help themselves cope and support their children's reactions. Parent audio icons are located throughout the app—simply tap on these to hear a parent's personal story. Make sure your device is not on mute or vibrate to hear these stories.

Help Kids Cope was a collaborative effort between the Ozark Center and the National Child Traumatic Stress Network. This app is designed to assist parents in talking to their children about different disasters they may or have already experienced.

OTHER SUGGESTIONS FOR MENTAL HEALTH APPS

http://www.healthline.com/health/anxiety/top-iphone-android-apps

http://www.healthline.com/health/depression/top-iphone-android-apps

https://www.psychologytoday.com/blog/how-do-life/201510/top-apps-your-mental-health

https://www.adaa.org/finding-help/mobile-apps

http://www.psychiatryadvisor.com/top-10-mental-health-apps/slideshow/2608/