



Mental Health Apps

A variety of iPhone and Android apps you may enjoy or find useful. Please note these are not maintained by Concordia University Irvine or the Wellness Center. Most are free to download but some charge a small fee.

Mindfulness/Meditation/Relaxation

[Breathe2Relax](#) - Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

[Simply Being - Guided Meditation](#) - Voice guided step-by-step instructions for meditation and relaxation.

[Meditation Studio](#) - A collection of over 160 guided meditations.

[White Noise](#) - White Noise Lite provides ambient sounds of the environment to help you relax or sleep.

[Headspace](#) - Mindfulness for your everyday life.

Sleep

[Sleep Cycle](#) - Track your sleep and get analysis that helps you get a good night's sleep and better overall health.

[CBT-i](#) - CBT-i Coach is for people who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide you through the process of learning about sleep, developing positive sleep routines, and improving your sleep environment.

Mood

[Welltrack](#) - MoodCheck daily mood tracker, guided therapy for stress, anxiety, and depression, relaxation techniques

[Stop, Breathe & Think](#) - Check in with how you're feeling, and try short activities tuned to your emotions.

[Gratitude & Happiness](#) - Self-help Journal, To do, Thoughts & Mood Tracker.

[Three Good Things](#) - Happiness journal. With Three Good Things, you can rewire your brain to focus on the positive by writing down good things that happen to you everyday. By finding positive things that happen in your daily life, you train your mind to notice the good things in life instead of allowing it to focus on the negative.

Anxiety/Stress/Panic

[SAM App](#) - Self-help for anxiety management. An application to help users understand and manage anxiety.

[wayForward](#) - Overcome anxiety and nervousness related to social situations with short 5-10 minute sessions using the principles of Cognitive Behavior Therapy.