

## **Apps for Mental Health**

Apps can be useful for helping us to learn and practice new skills. Interactive apps can help children and youth learn about how to identify feelings, how to relax, and even about navigating social situations. Check out some of the apps below and learn together with your child or youth. Apps are not a substitute for talking with a professional, so be sure to contact your local mental health agency if you or your child needs support.

### *Touch and Learn – Emotions (Free)*

- Encourages children to look at body language and facial expressions to help them identify feelings
- <https://itunes.apple.com/ca/app/touch-and-learn-emotions/id451685022?mt=8>

### *Headspace (Free)*

- 10 different mindfulness scripts with videos for 10 and up.
- <https://www.headspace.com/>

### *Mind Shift (Free)*

- An app designed to help youth cope with anxiety
- <http://www.anxietybc.com/resources/mindshift-app>

### *Smiling Mind (Free)*

- An app that guides children and youth through simple, calming meditations
- <http://smilingmind.com.au/>

### *Stop, Breathe and Think*

- A simple tool for meditation, mindfulness and compassion for youth.
- <http://stopbreathethink.org/>

### *Relaxing Sounds of Nature (Free)*

- Listen to the calming sounds of nature
- <https://itunes.apple.com/ca/app/free-relaxing-sounds-nature/id345747251?mt=8>

### *Zen Space (Free)*

- Relax by raking sand and creating a tranquil space
- <https://itunes.apple.com/ca/app/zen-space/id371463710?mt=8>

### *Zen View (Free)*

- Relax by listening to rain and watching water swirl
- <https://itunes.apple.com/ca/app/zenview/id499881701?mt=8>

### *BeSafe (Free)*

- The Be Safe App allows youth to create a digital safety plan and how to connect to local mental health and addiction resources and supports.
- <http://mindyourmind.ca/interactives/be-safe#sthash.oGGNuK1m.dpuf>

### *Spaghetti Toes by Terry Orlick (\$0.99 per exercise)*

- Positive living skills and relaxation for children, (0.99)
- <https://itunes.apple.com/ca/album/spaghetti-toes-positive-living/id520683617>

### *3 Minute Mindfulness (One strategy is free. Full app is \$4.59)*

- Learn simple deep breathing strategies for 10 and up.
- <https://itunes.apple.com/ca/app/3-minute-mindfulness-breathing/id982502810?mt=8>

### *I Know How You Feel (“Lite” version is free. Full version is \$11.99)*

- Children learn how to identify feelings in specific situations
- Children learn about appropriate empathic responses
- <https://itunes.apple.com/us/app/i-know-how-you-feel/id960352272?mt=8>