



Apps Related to Mental Health

Listed below is a selection of apps related to mental health, apps that help focus breathing and calm the mind. This list was compiled by Dr. Nicole Dempster, PhD, Psychologist at Nationwide Children's. For more mental health resources, please visit our website, conqueringchd.org

Breathing Apps

Breathe2relax (school age, teenager, adult)

- Some explanation on stress management
- Can set breathing pace for comfort, and extend with practice
- Can view different relaxing scenes
- Optional voice coaching

Breathe, Think, and Do with Sesame Street (young children)

- Great for younger children to learn to breathe
- Brief, interactive modules to demonstrate how relaxation is important

Meditation Apps

Calm

- Meditation and sleep assistance

Headspace

- Meditation
- Mindfulness
- Stress Management

Meditation Apps Continued

What's Up?

- Information on depression, anxiety, and anger
- Skills for time of stress
- Strategies for managing emotional concerns including ways to challenge thoughts, ways to distract oneself, positive encouragement

Stop, Breathe, & Think

- Learn to deepen awareness of thoughts and emotions
- Basic breathing exercise to more cognitive meditations
- Lots of brief options
- Track own progress

RelaxMelodies

- 30 relaxing sounds/music that can be used for sleep, meditation, yoga, and distraction

