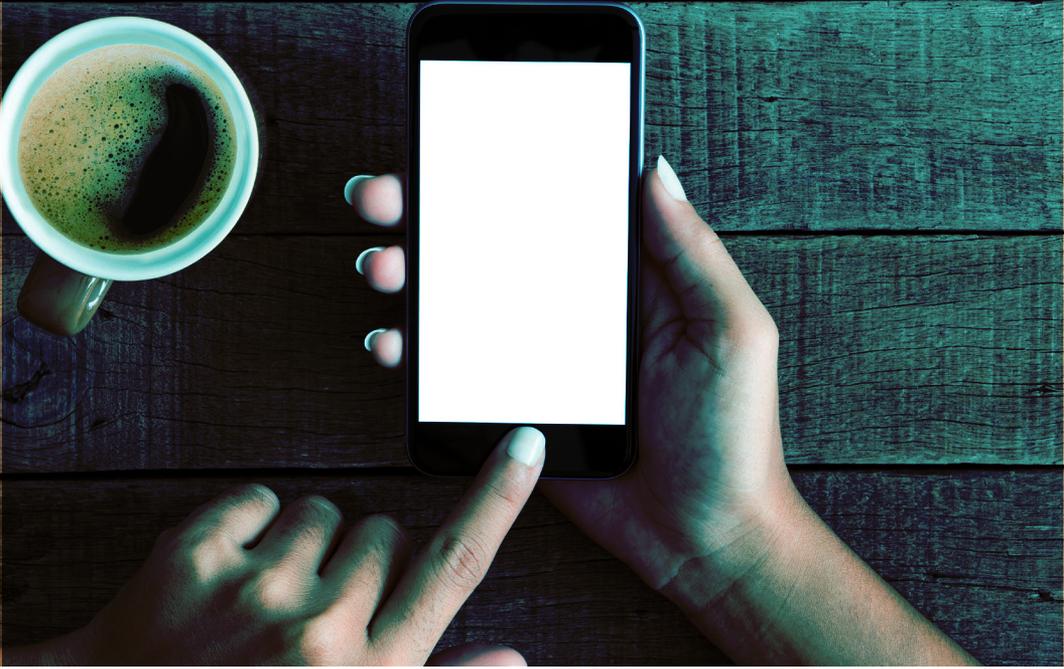


Second Edition



The Peers' Guide to
Behavioral Health Apps

“Tested and Suggested”
by KernBHRS Consumers

help @ hand™

CONNECTING PEOPLE WITH CARE



**BEHAVIORAL
HEALTH & RECOVERY
SERVICES**
A program of MHS



Introduction

Mono County Behavioral Health is providing this pamphlet as a resource for the community. It is a quick guide to useful phone and internet apps. These apps can be utilized in daily activities to promote wellbeing. Our vision is to make things simple by taking the hassle out of searching through hundreds of available apps online. We have researched and utilized the apps, personally finding them useful for many interests such as exercise, nutrition, education, emotional health, relaxation and mindfulness.



As Mono County consumers and peers, we applaud our fellow peers in Kern County for creating this App booklet. We've tried these apps, too, and find them useful. Thank you, Kern County for sharing your pamphlet with Mono County.

This brochure will be reviewed and updated on a biannual basis. Last review was **12-01-2019**.

Please send any suggestions for apps to be considered to AppGuide@kernBHRS.org.

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Safety Plan

Having a plan in place that can help guide you through difficult moments can help you cope and keep you safe. Through this app, you can customize your own warning signs that a crisis may be developing; coping strategies for dealing with suicidal urges; places for distraction; friends and family members you can reach out to; professionals you can call; methods of making your environment safe; and you own important reasons for living.



Sanvello *

Popular app for stress, anxiety and depression. Use Sanvello to manage daily mental health with tools like mood and health tracking, mindfulness meditation and cognitive behavior therapy.



Anxiety Coach

Is a self-help app that addresses fears and worries using CBT strategies. The app walks you through making a list of feared activities and helps you master them, leading to less fear and worry. The app includes tools for a severity self-test, making a plan, anxiety tracking and viewing your progress.



What's Up *

What's Up? is a free app that uses some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with depression, anxiety, stress and more. The app features a beautiful, modern design, simple headings and easy-to-follow methods to help you navigate to what helps you the most.



SAM

SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviors overtime and manage your anxiety through self-help exercises and private reflection.



* App is available in Spanish

Insight Timer *

Popular, free meditation app that can help with sleeping, anxiety and stress, assist with recovery from addictions and help achieve self-love and compassion. It also has worldwide community meditation.



Stop, Breathe & Think *

Meditation and mindfulness, to help you feel strong, connected, and inspired through life's ups and downs. Voted best health app. Over 3.5 million downloads along with 11 million emotional check-ins.



Happy Color *

Find different unique coloring pages with animals, unicorns, mandalas and many more. Color and recolor your favorite pictures. Rediscover the simple relaxation and joy of coloring.



Lumosity *

Want to test your memory skills or give your brain an exercise? Try this fun memory game to improve your memory, speed, get better accuracy, distinguish between colors and much more. This logical game is designed for all age groups as it is a skill test game.



Khan Academy *

Learn anything with this app for free. Learn using videos, interactive exercises and in-depth articles in a wide variety of content areas!



SuperBetter

This app builds resilience-the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most.



* App is available in Spanish

For the Body

Fooducate *

Lose weight with less food and healthy eating. Track your progress and get motivated. Fooducate is the only app that looks beyond the calories to help you lose weight and keep it off.



My Fitness Pal *

This Smart Phone app and website tracks diet and exercise to determine optimal caloric intake and nutrients for the user's goals. Employs gamification elements to motivate users.



Plant Nanny 2 *

This is a water reminder app with a twist. It gives you an adorable cartoon plant to care for. Every time you drink water, you help the plant grow.



Rise Up & Recover *

If you are struggling with food, dieting, exercise and body image, this is the app for you. Based off of self-monitoring homework, a cornerstone of cognitive behavioral therapy (CBT), it is designed as a convenient and user-friendly app that has been used millions of time around the world.



Eat Breathe Thrive

Eat Breathe Thrive is an app that helps you overcome food and body image challenges, including overeating, dieting and over-exercise. If you are in recovery from an eating disorder or struggling with emotional eating, this app is for you!



* App is available in Spanish

The WRAP

People who use WRAP say that it helps them feel better more often and improves their overall quality of life. Over time, they found that it can easily be adapted to deal with any situation in their lives, such as deep sadness, arthritis, substance use, hearing voices, panic attacks, diabetes and grief. In WRAP, there are no limits to wellness and recovery.



The Virtual Hope Box (VHB) *

This smartphone app is designed for use by consumers and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction and positive thinking. Patients and providers can work together to personalize the VHB content on the consumer's own smartphone according to their specific needs.



Clean Time

This app is a day counter for anyone recovering from alcohol, drugs, overeating, gambling or smoking. It can also be used to keep track of time at an event. Customize the app with your name, date and what you are recovering from.



I Take Control

Through this app, users can self-monitor any triggers of binge eating, such as moods, food intake and urges, by tagging them. Users can also set reminders to record these behaviors. The app is designed to analyze relationships between binge triggers and binge episodes, and predict when individuals might be at risk for binging.



Smoke Free *

This science-built app contains more than 20 different, evidence-based techniques to help you become and stay smoke-free. You can track how much money you've saved, how many cigarettes you've not smoked, how long you've been smoke-free, how much life you've regained and how your health is improving.



* App is available in Spanish

For Veterans

PTSD Coach

Designed for veterans and military service members who have, or may have, Post Traumatic Stress Disorder. This app provides users with education about PTSD, information about professional care, self-assessment for PTSD, opportunities to find support and tools that can help users manage the stress of daily life with PTSD.



Mindfulness Coach

Mindfulness has been shown to be effective for reducing stress, improving emotional balance, helping with anxiety and depression and coping more effectively with chronic pain. This app was developed to help you learn how to practice mindfulness through exercises, information and a tracking log so that you can optimize your practice. It can help with anxiety, depression, headache, PTSD and stress.



Anger & Irritability Management Skills (AIMS)

This app is designed for anyone coping with anger problems. The app provides users with education about anger, opportunities to find support, how to create an anger management plan, anger tracking and tools to help manage angry reactions. It can help with anger, mood and PTSD.



Moving Forward

The app is designed for veterans and service members but is useful for anyone with stressful problems. It's especially helpful in managing challenges such as returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions and coping with physical injuries. This app may be used alone or in combination with the free online course.



Life Armor

Touch-screen technology allows users to browse information on 17 topics, including sleep, depression, relationship issues and post-traumatic stress. This free app helps with anger, anxiety, family concerns, depression, PTSD and sleep issues.



* App is available in Spanish

CBT-I Coach

This app is for people participating in cognitive processing therapy (CPT), an evidence-based psychotherapy for PTSD. For consumers, this app is designed to improve engagement and participation in CPT and enhance treatment outcomes.



Dream EZ

This smartphone app is designed to help a person "rewrite" their nightmares to make them diminish in intensity and frequency. It uses principles from Imagery Rehearsal Therapy (IRT) for nightmare reduction to help users change their nightmares into less disturbing dreams so they can get a better night's sleep.



Rain Rain Sleep Sounds

Rain Rain® helps you fall asleep fast! Let over 100 high-quality endless sounds lull you to sleep in no time, with more sounds added all the time. Mix and match any combination of sounds and save your favorite combinations.



Soothing Sleep Sounds

This app provides a beautiful library of high-quality, naturally recorded sounds. Imagine falling asleep to soft rain in an Oregon coastal rainforest, waves on a pebble beach, South African crickets, a warm crackling campfire or enchanting wind chimes.



* App is available in Spanish

All apps featured in this booklet are available



The apps in the brochure are not official selections for the Help@Hand project. This brochure was created by Kern County with funding from Help@Hand, the county you received this from may not be an official participant of Help@Hand. For more information, visit helpathandca.org.



**For mental health or
substance use services,
call Mono County Behavioral Health
at 760-924-1740**

If you are in crisis, please call 911

monocounty.ca.gov/behavioral-health
www.facebook.com/monocountybehavioralhealth

help @ hand™

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