

Child & Youth Mental Health Toolkits Electronic/Online Resources – Phone Apps

Topic	Name and App Link	Cost	Description	Pros of App	Cons of App	Suitable for
Anxiety	MindShift https://itunes.apple.com/ca/app/mindshift/id634684825?mt=8	Free	MindShift is a collaboration between AnxietyBC and BC Addictions Services. The MindShift app is designed to help teens and young adults cope with anxiety. The app will help youth learn how to relax and develop more helpful ways of thinking.	<ul style="list-style-type: none"> • App includes strategies to deal with everyday anxiety and youth-friendly information about anxiety disorders • App provides inspirational quotes, relaxation/guided meditation modules and active steps to manage specific anxiety issues • App is easy to navigate, and “chill out tools” are very helpful 		Recommended for youth and adults. Under the “chill out” tab, the guided relaxation, guided meditation and guided visualization exercises are extremely useful for individuals to develop practical skills.
Autism	Autism Xpress https://itunes.apple.com/us/app/autismxpress/id343549779	Free	Autism Xpress is designed to encourage children with autism to recognize and express their emotions.	<ul style="list-style-type: none"> • Easy to use with both audio and visual components • Very simple layout and could be used with small children • App is free 	<ul style="list-style-type: none"> • Some users report that the app sometimes freezes or crashes 	Recommended as a tool for young children to use with their parents
Crisis Help Line	Always There https://itunes.apple.com/us/app/always-there/id579718991?ls=1&mt=8	Free	This multi-featured app is designed to connect children and youth to the Kids Help Phone and Live Chat and provide accurate information on child and youth (C&Y) health topics.	<ul style="list-style-type: none"> • App is free, visually pleasing, easy to navigate and has many features • App has privacy settings where an extra passcode can be set to open the phone • App allows users to track their emotions daily, read inspirational quotes, view self-care tips, and read educational materials on relevant C&Y health topics • App can also connect user directly with a Kids Help Phone counsellor over the phone, or, during certain hours, Live Chat 		Suitable for children and youth as a way to find information and have quick access to Kids Help Phone and Live Chat

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Happiness/ Well-Being	Gratitude365 https://itunes.apple.com/us/app/gratitude-journal-365-diary/id562212110	Free for first seven days, then prompt to pay to upgrade	This app provides a space to identify and record what you are grateful for on a daily basis	<ul style="list-style-type: none"> • The app can be password protected • Each day there is space to enter (through text and picture) what you are grateful for • App is simple and has a clear layout that is easy to follow • Personalized gratitude calendar with entries can be shared with friends via Facebook, e-mail, Instagram, Twitter and Yahoo 	<ul style="list-style-type: none"> • App provides the space to practice gratitude but might not create the desire to express gratitude • App is free for the first seven days, after which you are prompted to pay for the upgrade 	Recommended for older children, youth and young adults. App may be useful for certain clients who want to develop the skill of being grateful in a systematic and structured manner.
Mindfulness/ Meditation	The Mindfulness App https://itunes.apple.com/ca/app/the-mindfulness-app/id417071430?mt=8	\$3.49	The Mindfulness App is a tool for increasing awareness in life. It helps with a most difficult aspect of mindfulness practice, namely to remember to be mindful.	<ul style="list-style-type: none"> • App has great guided meditation exercises as well as silent meditation for those who are more experienced meditators • The app allows for personalized reminders to be set up to help users to remember to meditate • Meditations are adaptable to the user's situation (with 3-minute, 5-minute, 15-minute and 30-minute meditation) • App provides guided body scan and centring exercises • Features are laid out clearly and are easily accessible 	<ul style="list-style-type: none"> • App is fairly costly 	Recommended for youth and adults. Also consider suggesting MindShift as the guided meditations are excellent and free.
Mindfulness/ Meditation	Tactical Breather https://itunes.apple.com/ca/app/tactical-breather/id445893881?mt=8	Free	Tactical Breathing is a 4-count method of breathing designed to help create a relaxation response	<ul style="list-style-type: none"> • App is very simple and easy to use • "Tutorial" button helps to explain how the breathing exercise should be carried out • "Breathe" tab leads to looped guided tactical breathing exercise 	<ul style="list-style-type: none"> • Voice used to guide the breathing exercise is very monotonous 	Recommended for all ages to assist in teaching breathing as a relaxation strategy

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Mindfulness/ Meditation	Calm- Meditate, Sleep, Relax https://itunes.apple.com/app/calm.com/id571800810	Free	This app can help reduce stress, increase calm and improve mood through guided meditation designed to help quiet the mind	<ul style="list-style-type: none"> • App includes 7 guided relaxation sessions from 2 minutes to 30 minutes long • App is user friendly, easy to use and free 		Recommended for older children, youth and adults
Mood Trackers	Mind Your Mood	Free	This mood tracker app was developed through extensive testing with youth and professionals who serve them	<ul style="list-style-type: none"> • App includes a choice of 7 mood-faces and 28 mood-words as well as capacity to add notes • App can measure intensity of moods and graph intense emotions • Built-in e-mail functionality to e-mail mood log to service provider 	•	Recommended for older youth
Mood Trackers	Moody Me https://itunes.apple.com/ca/app/moody-me-mood-diary-tracker/id411567371	Free	This mood diary app allows the user to log and track their moods, note what affects their mood and record events, symptoms and any treatments they are receiving, including medication	<ul style="list-style-type: none"> • Data can be backed up, viewed online and shared across devices • Allows user to take photos associated with their mood and create a photo album that can be played back • Information can be presented on easy-to-create and easy-to-read graphs to see how mood changes over time • Privacy – password for the specific application can be created 	<ul style="list-style-type: none"> • Data can be shared across devices but cannot be e-mailed • Some users reported technical problems with the app 	Recommended for children and youth. App is very user friendly and might help youth identify emotions to discuss with their mental health professional. Also, the graphics are simple and great for younger children.