

Mental Wellness Apps

The UCM Counseling Center does not endorse any specific app content.

APP NAME	USES:	DEVELOPER
Body U	Mobile friendly online self-help program to address stress, wellness, body image, anxiety, mood, and disordered eating. UCM STUDENTS ONLY. Access at bodyu.org	MOEDC
Mindshift	Portable coach to help manage anxiety includes tools, trackers, and psychoeducation	Anxiety Canada
Self-help for Anxiety Management: SAM	Tools & trackers to manage your anxiety	University of the West of England
Breathe2Relax	Stress management through diaphragmatic breathing & psychoeducation	National Center for Telehealth & Technology
Mindfulness Coach	Exercises, information, and tracking log for mindfulness	U.S. Dept. of Veterans Affairs
Smiling Mind	In-depth mindfulness training app for various age groups & goals	Non-profit promoting mindfulness
Insight Timer	Largest free library of meditations for sleep, anxiety, etc. Also has courses for a fee.	
Relax Melodies	Music, sounds & meditations for sleep	
Calm	Meditations & sleep sounds- both free & paid content	
CBT-I Coach	Tools & trackers to reduce insomnia	U.S. Dept. of Veterans Affairs
PTSD Coach	Supportive tools and education for PTSD	U.S. Dept. of Veterans Affairs
Mood Coach	Improve mood through participation in positive activities.	U.S. Dept. of Veterans Affairs
Moving Forward	Stress management & problem solving	U.S. Dept. of Veterans Affairs
Recovery Record	Self-help for eating disorders	