

Mental Health Apps that Support General Well-Being

*Please note these resources are not affiliated with MCC, and the Student Support Counselor has not vetted or is not endorsing any particular app. Student can make appointments and I can help students look through these resources and find ones that might work for them.

(Listed in alphabetical order)

Divethru

https://play.google.com/store/apps/details?id=com.divethru.divethru&hl=en_US

<https://apps.apple.com/ca/app/divethru/id1383605874>

Divethru is particularly helpful for students and young people. It provides journal prompts, mindfulness techniques, and a wealth of information about mental health. The app was developed in partnership with mental health professionals to support users in managing challenges like stress, relationship problems, and low self-esteem. It also offers quick and effective exercises that users can implement in their everyday routines.

MindShift

<https://apps.apple.com/ca/app/mindshift-cbt-anxiety-relief/id634684825>

https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en_US

Mindshift is an app developed by Anxiety Canada to help individuals cope with worry, panic, social anxiety, and more. It contains simple, evidence-based Cognitive Behavioral Therapy (CBT) exercises, including mindfulness meditations and cognitive reframing tools. Mindshift empowers people to gently challenge negative thought patterns and ground themselves in moments of stress. It is helpful for anyone dealing with anxiety or those who want to cultivate a greater sense of relaxation in their life.

My Possible Self

<https://www.mypossibleself.com/>

My Possible Self encourages a holistic view of mental health, helping people improve all aspects of their emotional well-being. This NHS-approved app offers CBT exercises and personalized activities to help users address issues such as low mood, anxiety, and insomnia. Its engaging tools enhance resilience and foster a positive mindset.

What's Up?

<https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160>

https://play.google.com/store/apps/details?id=com.jacksontemptra.apps.whatsup&hl=en_US

What's Up? combines cognitive-behavioral and Acceptance and Commitment Therapy (ACT) principles to help users cope with difficult emotions. It offers immediate strategies for managing distress in overwhelming moments. The app also includes a thought diary and habit tracker to facilitate self-awareness. With its interactive tools, What's Up? encourages a calm, positive mindset while helping users get in touch with their thoughts and feelings.

WRAP: Wellness Recovery Action Plan

<https://www.wellnessrecoveryactionplan.com/>

https://play.google.com/store/apps/details?id=com.app.wrap2&hl=en_US

<https://apps.apple.com/gb/app/wellness-recovery-action-plan/id1450222981>

WRAP allows users to create a plan for managing their mental health. It enables individuals to develop coping strategies and identify patterns that are holding them back. WRAP incorporates wellness tools, daily maintenance, and crisis planning to improve overall wellness. The app empowers users to take charge of their mental health journey by encouraging active participation in their well-being.

Source of descriptions: <https://stigmafreementalhealth.com/blog/10-free-mental-health-apps-to-support-your-well-being/>