

Free Mental Health apps

Mindshift by Anxiety Canada

Helps you reduce worry, stress and panic. Uses CBT (cognitive behavioural therapy) to help you learn to relax, be mindful and adjust your thinking around what is making you anxious.

CBT-iCoach

“CBT” (cognitive behavioural theory) “i” (for insomnia-when you have trouble sleeping). Helps develop good sleep habits, teaches relaxation exercises

My.Life

Simple, short mindfulness activities attuned to how you feel right now.

Insight Timer

Teaches you how to meditate, guided meditations, coping with anxiety, improving sleep, relaxation music and yoga! Lots of different teachers to choose from.