



MENTAL HEALTH + SUICIDE PREVENTION MOBILE APPS

Mental health apps can be a useful resource for individuals as well as their family members and caregivers, but with over 10,000 apps currently available it's hard to know where to start!

Samaritans can help! This list of free, mental health mobile applications includes descriptions and features. All apps on this list have been pre-screened and offer interactive, digital mental health support.

The apps include support for stress, anxiety, depression, PTSD, addiction, NSSI (non-suicidal self injury), suicidal ideation, and more.

Samaritans has also included culturally competent apps specifically designed to address some of the challenges faced by marginalized populations tied to mental health.

Stanley-Brown Safety Plan

Safety planning is an important tool to help individual's get through a suicidal crisis. This app version helps individuals identify suicide warning signs, create coping strategies, identify positive contacts and social settings to distract from the crisis, identify family members and friends available to help, find professional help and resources, and make their environment safe from lethal means that may be used in a suicide attempt. (Android, iOS) Free, English, Ages 4+ <https://bit.ly/3ju7JZO>

Calm Harm

Developed for teenage mental health, using principles from the evidence-based Dialectical Behavior Therapy (DBT), Calm Harm provides some immediate techniques to help break cycles of self-harm behaviors and explore underlying triggers; build a 'safety net of helpful thoughts, behaviors and access to supportive people; and opportunities to journal/self-reflect. Private, anonymous, and safe. (Android, iOS) Free, English, French, Ages 12+. <https://bit.ly/3NbhFRb>

MY3 (National Suicide Lifeline)

Targeted for those who are depressed or suicidal themselves, with the goal of enhancing their support network and develop safe contacts, activities, resources to utilize during periods of distress or suicidal feelings. (Android, iOS), Free, English, Ages 4+ <https://bit.ly/37L99JQ>

A Friend Asks (Jason Foundation)

This free app is designed to teach users how to recognize the signs that someone close to them may be thinking about suicide. It helps the user figure out the best way to reach out to the person they're concerned about. The app includes how to determine suicide risk and a do's and don'ts list on maintaining sensitivity. (Android, iOS), English, Ages 4+ <https://bit.ly/3syfH5N>

Suicide Safe by SAMHSA

This app is a suicide prevention learning tool for primary care and behavioral health providers based on the nationally recognized Suicide Assessment Five-step Evaluation and Triage (SAFE-T) practice guidelines. App offers tips on how to communicate effectively with patients and their families, how to determine appropriate next steps and make referrals to community resources. (Android, iOS) Free, English, Ages 12+ <https://bit.ly/3LbUIvY>

Shine

Founded by two women of color on a mission to make mental healthcare more representative and more accessible. Shine is a culturally competent daily self-care app that offers personalized support, self-care courses and virtual community workshops (Android, iOS), Free and paid options, English, Ages 4+ <https://bit.ly/38k7T0F>

The Safe Place

Geared towards the Black community, the purpose of the "Safe Place" is to bring more awareness, education, and hope to the issue of Black mental health. The app provides articles and information on mental health conditions and issues as well as tips for coping. (Android, iOS) Free, English, French, Ages 17+ <https://bit.ly/2HQSJy1>

7 Cups

This app connects users to peers and/or mental health professionals. It allows users to chat with people 1-on-1, or join group chats to discuss any mental health related topic. There are communities for specific issues (addiction support, OCD, etc.) as well as population specific groups (youth, BIPOC, LGBTQ, etc.) The app also has psychoeducation options. (Android, iOS) Free with in-app purchases, English, Ages 12+ <https://bit.ly/3jsqX1B>

PTSD Coach

This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, ways to find support, and tools that can help you manage the stresses of daily life with PTSD. Designed by the VA this app can be used by civilians as well as veterans. (Android, iOS) Free, English, Ages 12+ <https://bit.ly/38hngqv>

PTSD Family Coach

is for family members of those living with post-traumatic stress disorder (PTSD). The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help loved one get treatment. (Android, iOS) Free, English, Ages 2+ <https://bit.ly/37uWOsZ>

Mindshift CBT MindShift® CBT

Uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways take charge of your anxiety. (Android, iOS) Free, English, French Ages 12+ <https://bit.ly/3PMAbC2>

What's up?

Utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods, Whats up is designed to help you cope with Depression, Anxiety, Anger, Stress and more! (Android, iOS), Free, English, Ages 4+ <https://bit.ly/3l6KFxt>

Healthy Minds

The Healthy Minds program uses neuroscience, contemplative traditions, and skill-based learning methods to help users develop skills for a healthy mind. (Android, iOS), Free, English, Ages 4+. <https://bit.ly/3kUzdVH>

UCLA Mindfulness App

Practice mindfulness anywhere, anytime with guidance from the UCLA Mindful Awareness Research Center. Mindfulness can help manage stress-related physical conditions, reduce anxiety and depression, and improve overall wellbeing. (Android, iOS), Free, English (guided meditations are available in 14 languages), Ages 4+ <https://bit.ly/3Ftm0wB>

Breathe2Relax

Portable stress management tool which provides detailed info. on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Uses your health tracking device (wearable, phone, etc.) to measure your heart rate throughout your breathing exercise to help provide an even more complete picture of the relaxation experienced. (Android, iOS) Free, English, French, Ages 4+. <https://bit.ly/3jrQGrf>

Be Okay

Offers calming techniques that help you cope with anxiety and panic attacks such as soothing sounds, breathing exercises, a speed dial feature to get help, and more. (Android, iOS) Free, English, French, German, Italian, Portuguese, Spanish, Ages 4+ <https://bit.ly/3hJ5fWX>

Worrykit

With a variety of therapy-informed techniques, Worry Kit helps you defuse and find relief from your negative thoughts. Browse and experiment with different activities to find what works for you. Activities range from visualization exercises, to mindfulness games and breathing techniques. (Android, iOS) Free, English, French, Ages 12+ <https://bit.ly/3skoGaj>

Quit That!

Track all the habits/addictions you are trying to quit. Easy to use, has a modern interface, and focuses on the ability to track as many things as you want. Features; No limits on how many things you can quit, track days, hours, minutes, weeks, or years it's been since you quit, and choose to share your progress or keep it private (Android, iOS), Free, English, Ages 4+ <https://bit.ly/3PiFAQE>

Looking for more?

Check out Samaritans' ***NYC Guide to Suicide Prevention, Resources and Services*** for easily accessible, up-to-date statistics, free resources, referrals and other important information.

Download the guide:

<https://bit.ly/3WBVVCT>

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