

Mental Health/Substance Use Apps

Meditation Apps

- Calm: Guided meditation (Free with paid version)
- BetterSleep: Guided meditation & ambient noise (Free with paid version)
- Maloka: Meditation and Breathwork (Free)
- Natural Remedies: Medication, yoga & more (Free with paid version)

Mood Tracking Apps

- Bipolar UK: Mood tracking (Free)

Therapy Tools

- Cognitive Therapy: CBT guided journal (Free)

Substance Use

- Connections (Free)

Safety/Crisis

- Virtual Hope Box: Safety Plan (Free)
- Got Your Back (Free)

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