

Disclaimer:

These apps are intended for informational, educational, and personal purposes only. It is not intended for use in the diagnosis of disease or other conditions, or in the cure, treatment, or prevention of diseases.

Additional Help:

National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-NAMI (6264)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline: 1-800-662-HELP (4357)

CRISIS TEXT LINE |

text CONNECT to 741741

References:

<https://www.healthline.com/health/anxiety/top-iphone-android-apps>

<https://adaa.org/finding-help/mobile-apps>

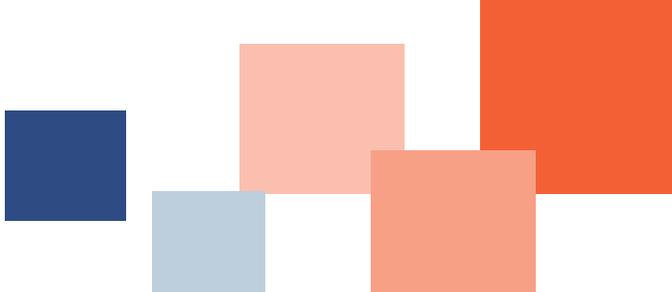
Tri-Rivers Career Center

2222 Marion-Mt Gilead Rd

Marion, Ohio 43302

Phone: 740-835-8503

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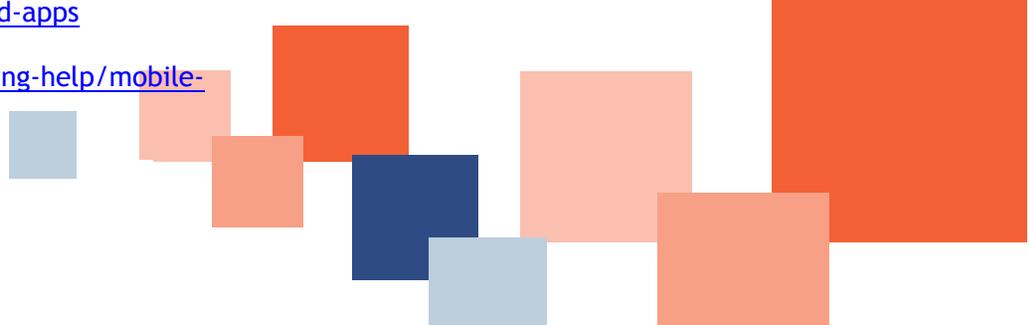


There's an App for That

Apps for Anxiety

**Student Services
Department**

Phone: 740-385-8505



Help at your fingertips

Anxiety is an extremely common but nonetheless extremely disruptive experience. Dealing with anxiety can mean sleepless nights, missed opportunities, feeling sick, and full-blown panic attacks that can keep you from feeling like your full self.

Therapy with a professional is often a huge help, but knowing you're armed with the tools to confront, dissolve, or embrace your anxious thoughts and feelings can be the bit of empowerment you need in between sessions.

APPS TO TRY



happify

self-guided app that aims to increase positive emotions through exercises and games supported by positive psychology and mindfulness



HEADSPACE

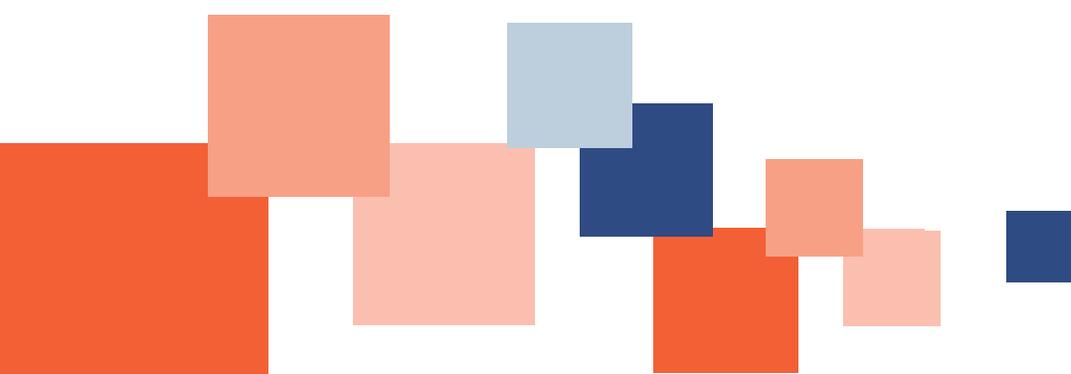
Headspace

A guided meditation app. This app can help you develop better focus, decrease your stress, and become less reactive to your anxiety triggers



MindShift

This app offers a list of active coping strategies tailored to the type of anxiety and variety of methods to manage anxiety





Calm

Sleep, meditation, and relaxation. Calm features nature sounds and sleep stories



Colorfy

This app allows you to pour your attention into the beautiful designs can distract from your anxious thoughts and help calm you down.



MoodKit

This app provides self-monitoring, identifying and changing unhealthy thought patterns, and engaging in mood-enhancing activities.



T2 Mood Tracker

Helps individuals track their emotional states and how they change over time for personal insight and accurate reporting to mental health professionals



Rootd

mindfulness exercises and step-by-step guides to tactics such as deep breathing, the app features an emergency contact button that makes it

