



Free Mental Health Apps and Interactive Resources

Below are several free apps and resources one may access when seeking support with their mental health.

Free Mental Health Apps	Description
MindShift CBT	MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. It is designed for youth, but useful for all. https://www.anxietycanada.com/resources/mindshift-cbt/
MoodTools	If you are feeling sad, anxious or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery. This app includes a variety of research supported tools such as; a thought diary, activities, a safety plan and related videos. https://www.moodtools.org/
SuperBetter	This app helps to achieve your health goals by increasing your personal resilience and tackling challenges including anxiety, depression, stress, chronic pain, concussion recovery and more. Resilience means staying optimistic, curious and motivated even in the face of the toughest challenges. https://www.superbetter.com/
Be Safe	Be Safe is a free crisis planning app that helps you find the best resources you need in moments of crisis. https://besafeapp.ca/
What's Up?	What's Up? is a free app that uses the methods of Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) to help you cope with depression, anxiety, stress, and more. This app has many features such as a "Get Grounded" page containing over 100 different questions to help pinpoint what you're feeling and a "Thinking Patterns" page, which teaches you how to stop negative internal monologues. https://apps.apple.com/ca/app/whats-up-a-mental-health-app/id968251160
Headspace: Guided Meditation	Get happy. Stress less. Sleep soundly. Headspace is your guide to mindfulness for everyday life. Learn meditation and mindfulness skills from world-class experts like the co-founder of Headspace, Andy Puddicombe. Choose from hundreds of guided meditations on everything from managing stress and anxiety, to better focus, sleep and mind-body health. https://www.superbetter.com/ https://www.headspace.com/



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Interactive Resources	Description
Mind Your Mind: My Toolkit	An interactive toolkit to help youth learn about mental health. It includes mobile apps, web videos and modules all complete with facilitation guides. https://www.mytoolkit.ca/
Bounce Back	BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+, manage low moods, stress, worry or anxiety and mild to moderate depression. This skill building program is delivered over the phone with a coach along with the use of online videos. Through, BounceBack® you will gain access to tools that will support you on the path to mental wellness. https://bouncebackontario.ca/

Disclaimer: This is not an exhaustive list. Kerry's Place Autism Services does not recommend any of the aforementioned resources, this is for informational purposes only. To inquire about mental health supports in your area, contact intake@kerrysplace.org.