The Peers' Guide to Behavioral Health Apps

Mental Health and Wellness Apps curated by clients and peers.

BEHAVIORAL HEALTH&RECOVERY SERVICES

Hope. Healing. Life.

"Tested and Suggested" by KernBHRS Consumers

Introduction

Kern Behavioral Health and Recovery Services is providing this pamphlet as a resource for the community. It is a quick guide to useful phone and internet apps. These apps can be utilized in daily activities to promote wellbeing. Our vison is to make things simple by taking the hassle out of searching through 100's of available apps online. We have researched and utilized the apps, personally finding them useful for many interests such as exercise, nutrition, education, emotional health, relaxation and mindfulness.

Disclaimers:
This booklet is designed for informational purposes only. It is not intended to replace therapists, doctors or prescribed medications. It is a resource to assist with locating apps that may be helpful in your daily life.

Some apps in this guide may have associated charges and in-app purchasing available. It is important to note that all apps in this booklet were chosen in part based on the features available in the free version. We do not endorse the purchase of add-ons to any app. To do so would be at your own risk.

KernBHRS and its partner organizations do not endorse the use of any apps in place of proper treatment with trained professionals. Use these apps at your own risk.

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This brochure will be reviewed and updated on a quarterly basis. Last Review was **05-15-2019**

Please send any suggestions for apps to be considered to AppGuide@kernBHRS.org

Behavioral Health & Wellness

My 3 Support Network
You define your network and plan to stay safe. With My 3, you can be prepared to help yourself and reach out to others when you're having thoughts of suicide.

Pacifica
Popular app for stress, anxiety and depression. Use Pacifica to manage daily mental health with tools like mood and health tracking, mindfulness meditation and cognitive behavior therapy.

PTSD Coach
Designed for veterans and military service members who have or may have Post Traumatic Stress Disorder. This app provides users with education about PTSD, information about professional care, self-assessment for PTSD, opportunities to find support and tools that can help users manage the stress of daily life with PTSD.

What's Up
Whenever you're feeling low, want to pick yourself up, or want to inspire yourself, the What's Up app is available for you to read through and assimilate.

Insight Timer
Popular, free meditation app. Helps with sleeping, anxiety and stress, assists with recovery from addictions, helps to achieve self-love and compassion. Worldwide community of meditation.

Stop, Breathe & Think
Meditation and mindfulness, to help you feel strong, connected, and inspired through life's ups and downs. Voted best health app. Over 3.5 million downloads along with 11 million emotional check ins.

Color Therapy for Adults
Stress relieving tool for adults. A digital, anti-stress coloring book for adults.

Lake: Coloring Books
Color yourself happy. Fun and addictive coloring app that's simple and has a playful design. It comes packed with creativity enhancing tools.

Lumosity
Want to test your memory skills or give your brain an exercise? Try this fun memory game to improve your memory, speed, get better accuracy, distinguish between colors and much more. This logical game is designed for all age groups as it is a skill test game. You score points and advance levels. Very fun game that you will enjoy.

edX
Massive open online course provider. Hosts online university level courses in a wide range of disciplines to a worldwide student body. Some courses are free.

Khan Academy
Learn anything with this app for free. Learn using videos, interactive exercises, and in-depth articles in a wide variety of content areas!

For the Body

Fooducate

Lose weight with less food and healthy eating. Track your progress and get motivated. Fooducate is the only app that looks beyond the calories to help you lose weight and keep it off.

MY FITNESS PAL

A Smart Phone app and website that tracks diet and exercise to determine optimal caloric intake and nutrients for the user's goals. Employs gamification elements to motivate users.

Plant Nanny

Plant Nanny combines health with fun to remind you to drink water regularly. The cute plant keeps you company every day by living in your phone. In order to keep it alive and help it grow, you must give it water at certain periods of time.

J&J Official 7 Minute Workout

A fast, simple, science-based way to make every minute count! 22 preset workouts, varying in intensity and duration and designed to fit your schedule.

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All apps featured in this booklet are available on both iTunes App Store and the Google Play Store.

SUICIDE
PREVENTION
LIFELINE

If you're having thoughts of suicide or are in crisis, contact the Crisis Hotline at **(800) 991-5272** or Dial 911

Are you or someone you know In Crisis?

Hope is only a call away!

Call us, **we care**

CRISIS HOTLINE

24 Hours a Day

1-800-991-5272

Dial **711** for
Telecommunications Relay Service

Intervention & Prevention Services

- Problem Solving Skills
- Anxiety
- Coping Skills
- Depression
- Relationship Problems
- Anger Management
- Substance Use

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