



## **ADDICTION AND MENTAL HEALTH MOBILE APPLICATION DIRECTORY 2017**



## **ACKNOWLEDGEMENT**

The Alberta Addiction & Mental Health Research Partnership Program (Research Partnership Program) was established in 2005 through a collaborative process. The implementation of the program was based on a thorough consultation that was led by the Research Partnership Committee. The intent of the partnership program is to increase research and its application in addiction and mental health services and in public and population health. They also have a focus on knowledge translation to assist with evidence informed addiction and mental health practice.

This document was produced on behalf of the Alberta Addiction & Mental Health Research Partnership Program through the efforts of Alberta Health Services, Provincial Addiction and Mental Health.

This report is considered a work-in-progress and represents information currently available. The purpose of this report is to provide mobile resources dealing with mental health and addiction-related issues for health care professionals and researchers. It is updated annually and mainly includes apps that have been released within the previous year.

Any omission or inaccuracy in this document is oversight and unintentional. Contents are current up to April, 2017. We invite you to comment, submit revisions and/or provide further information to us at [researchpartnership@ahs.ca](mailto:researchpartnership@ahs.ca).

## **Disclaimer**

The Alberta Addiction and Mental Health Research Partnership Program does not have any financial interests in any of the products listed in this document nor do they endorse the use of the mobile applications listed in this document. The privacy and security of the listed applications has not been independently verified. **No evaluations of the applications listed in this document have been done; it is intended for information purposes only.**

## DEVELOPMENT

### PREPARED BY

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### CITATION

For citation purposes, please use the following format:  
Alberta Addiction & Mental Health Research Partnership Program. (2017). *Addiction and Mental Health - Mobile Application Directory 2017*. Edmonton, AB: Alberta Health Services.

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## BACKGROUND

### Information Provided in this Document

This document includes information about mobile applications (apps) related to addiction and mental health. It provides a directory of electronic resources for different mobile platforms which may be used as aids in mental health or addiction conditions.

The information in this report was gathered and collated from various organizational websites and other information sources in the public domain. The information represents a brief cross-section of current apps related to addiction and mental health available for the general mobile device user. Apps have been grouped into categories of disorders according to the Diagnostic and Statistical Manual of Mental Disorders 5 (DSM 5)<sup>1</sup>. These categories are not mutually exclusive.

### Intended Audience

This is a comprehensive document that provides a representation of the current apps available which are related to addiction and mental health and is current up to April, 2017.

This app directory is divided into various categories pertaining to different mental health or addiction disorders. It may be useful for:

- » clinicians looking for information about apps related to mental health or addiction
- » clinicians looking for electronic technologies to supplement care
- » researchers interested in learning about mobile health technology
- » electronic application developers in identifying gaps in the current app market

It is hoped that this directory will increase awareness of current addiction and mental health apps and be a useful resource. Further evaluation and clinical judgement is encouraged prior to recommending apps for patient use.

### Search and Selection

A comprehensive search for apps was conducted in Google and academic databases (e.g., MEDLINE, PsycINFO). Apps were also identified from organizational websites, news articles, and other information sources in the public domain.

Due to the deluge of health apps, it can be a challenge to identify apps that are user friendly and clinically effective. Although we do not personally download and evaluate the apps, we strive to include apps that have supporting evidence (e.g., academic articles, expert reviews). When supporting evidence has been identified, a link to the source is provided. We recommend that potential users of the listed apps personally evaluate app quality before use. Users may find the [Mobile App Rating Scale \(MARS\)](#) and the American Psychiatric Association's [App Evaluation Model](#) useful tools in this regard.

Health app research is a burgeoning field of study. We hope that eventually we will be able to provide supporting evidence for all the apps in the Directory.

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<sup>1</sup> American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders, fifth edition*. Arlington, VA: American Psychiatric Publishing.

## REPORT FORMAT

For consistency, information is provided a standard format throughout this report. The mobile applications (apps) have been divided into categories based on their intended addiction or mental health use.

### MAJOR APP CATEGORY

#### Specific App Category

##### App Name

*Developer (Year of last update)*

Cost\*

Summary of the main features of app.

[Link to expert review or supporting evidence \(if available\)](#)

Platforms (iOS, Android)

[Link to app](#)

##### \*Cost Legend:

- » Free
- » \$ = \$1.00-\$5.99
- » \$\$ = \$6.00-\$10.99
- » \$\$\$ = \$11.00-\$20.99
- » \$\$\$\$ = \$21.00-\$50.00
- » \$\$\$\$\$ = >\$50.00

Note: While some apps are listed as Free, they might also have 'in-app' add-ons that may have a cost associated with them.

## 1.0 NEURODEVELOPMENTAL DISORDERS

### 1.1 Communication Disorders & Autism Spectrum Disorders

#### **Avaz Pro**

*Avaz, Inc (2017)*

\$\$\$\$\$

Augmentative and alternative communication app for children with complex communication needs. Uses a variety of learning and speech therapy tools to help children communicate.

iOS, Android

<https://itunes.apple.com/us/app/id558161781?mt=8>

<https://play.google.com/store/apps/details?id=com.avazapp.autism.en.avaz&hl=en>

#### **Proloquo2Go**

*AssistiveWare (2017)*

\$\$\$\$\$

Augmentative and alternative communication app for people who have difficulty speaking. Uses a variety of methods including picture symbols and text-to-speech voices to help people communicate effectively.

iOS

<https://itunes.apple.com/ca/app/proloquo2go/id308368164?mt=8>

#### **Autism Discovery Tool**

*Spectrum Idea Lab, Inc (2016)*

\$

This awareness and education resource aims to make autism more understandable for all. Contains a variety of interactive sensory experiences to help individuals on the spectrum to gain self-awareness and develop their own strengths.

iOS

<https://itunes.apple.com/us/app/autism-discovery-tool/id1051886542?mt=8>

#### **Autism Tracker Lite**

*Track & Share Apps, LLC (2016)*

Free

Provides educational material for families with an autistic child. Explores various domains of autism.

iOS

<https://itunes.apple.com/ca/app/autism-tracker-lite-track/id478527813?mt=8#>

## 1.2 Attention-Deficit/Hyperactivity Disorder

### **ADHD Treatment**

*Kfirapps Limited (2017)*

\$\$

Made for both children and adults, this app is designed to help strengthen cognitive skills and executive function through neurocognitive therapy.

iOS

<https://itunes.apple.com/us/app/adhd-treatment/id668353355?mt=8>

### **30/30**

*Binary Hammer (2014)*

Free

Helps users manage tasks. Provides information about planning, time estimation, self-monitoring, and social behaviors.

iOS

<https://itunes.apple.com/ca/app/30-30/id505863977?mt=8>

## 2.0 SUBSTANCE-RELATED DISORDERS AND ADDICTIVE DISORDERS

### 2.1 Alcohol-Related Disorders

#### **AlcoDroid Alcohol Tracker**

*Myrecek (2017)*

Free

Tracks alcohol consumption, helps users maintain a drink diary, and calculates blood alcohol content. Allows users to monitor drinking habits and set goals.

[Expert review](#)

Android

<https://play.google.com/store/apps/details?id=org.M.alcodroid>



### **Nomo – Sobriety Clocks**

*Parker Stech (2017)*

Free

Monitors sobriety time, provides ‘chip’ awards for recovery milestones, and tracks money saved over time.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/nomo-sobriety-clocks/id566975787?mt=8>

<https://play.google.com/store/apps/details?id=air.com.parkerstech.day&hl=en>

### **Saying When: How to Quit Drinking or Cut Down**

*Centre for Addiction and Mental Health (CAMH) (2016)*

Free

Includes a variety of tools to help decrease drinking. Users complete a self-assessment and create personalized goals. Coping strategies and a drink tracker are also included.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/saying-when-how-to-quit-drinking/id881678936?mt=8>

<https://play.google.com/store/apps/details?id=com.sayingwhencamh&hl=enwww.sayingwhen.com>

## **2.2 Tobacco-Related Disorders**

### **Smokefree**

*David Crane (2017)*

Free

Keeps track of money saved from being smoke free and the number of cigarettes avoided. Provides information to help deal with cravings, and demonstrates how users’ health is improving over time.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/smoke-free-quit-smoking-now/id577767592?mt=8>

<https://play.google.com/store/apps/details?id=com.portablepixels.smokefree&hl=en>

**SmartQuit**

2Morrow, Inc (2017)

Free

Users create a personalized quit plan to better understand their motivations and commitment to quitting. Uses Acceptance and Commitment Therapy (ACT) concepts to help users cope with urges.

[Expert review](#) | [Research evidence](#)

iOS, Android

<https://itunes.apple.com/ca/app/smartquit-clinically-proven/id913032892?mt=8>

<https://play.google.com/store/apps/details?id=com.a2morrowinc.hSQ1&hl=en>

## 2.3 Opioid Use Disorder

**MATx**

SAMHSA (2016)

Free

Provides information and supports for healthcare professionals about medication-assisted treatment (MAT) of opioid use disorder.

iOS, Android

<https://itunes.apple.com/us/app/matx-by-samhsa/id1162219879?mt=8>

<https://play.google.com/store/apps/details?id=gov.hhs.samhsa.app.matx&hl=en>

## 2.4 Non-Substance Related Disorders (Gambling Disorder)

**Take 10**

RED the Agency (2014)

Free

Sponsored by the Alberta Gaming and Liquor Commission, this app helps gambling patrons access fun ways to take healthy breaks from gambling.

Android

<https://play.google.com/store/apps/details?id=air.com.redtheagency.aglctake10>

### **Monitor Your Gambling & Urges**

*Centre for Addiction and Mental Health (CAMH) (2012)*

Free

Records when users experience an urge to gamble, and provides reports on triggers, replacement activities, wins and losses, feelings and consequences from gambling.

Android, Blackberry

<https://play.google.com/store/apps/details?id=com.camh.mygu>

<https://appworld.blackberry.com/webstore/content/128625/?lang=en>

## **3.0 MOOD DISORDERS**

### **Depression CBT Self-Help Guide**

*Excel At Life (2016)*

Free

Educates users on the management of depression and provides information about the factors that contribute to symptoms. Contains a depression severity test, a cognitive diary, articles, and more.

[Expert review](#)

Android

<https://play.google.com/store/apps/details?id=com.excelatlife.depression&hl=en>

### **iMoodJournal**

*Inex (2016)*

\$

Allows users to keep track of their well-being, establish associations between mood and experiences, and identify the causes of emotional highs and lows.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/us/app/imoodjournal-mood-journal/id517952128?mt=8>

<https://play.google.com/store/apps/details?id=com.inexika.imood>

**MoodKit – Mood Improvement Tools**

*Thriveport, LLC (2016)*

\$\$

Provides mood improvement activities, social media, guidance to modify distressing thoughts, and tracks mood over time.

[Expert review](#)

iOS

<https://itunes.apple.com/ca/app/moodkit-mood-improvement-tools/id427064987?mt=8>

**SuperBetter**

*SuperBetter, LLC (2015)*

Free

This game helps users to build resilience and stay motivated and optimistic to overcome real life challenges.

[Expert review](#) | [Research evidence](#)

iOS, Android

<https://itunes.apple.com/ca/app/superbetter/id536634968?mt=8>

<https://play.google.com/store/apps/details?id=com.superbetter.paid&hl=en>

## 5.0 ANXIETY DISORDERS

**MindShift**

*Creative B'stro (2017)*

Free

Designed to help youth cope with anxiety. In addition to providing strategies to deal with everyday anxiety, this app also offers specific tools to tackle issues like test anxiety, social anxiety, and perfectionism.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/mindshift/id634684825?mt=8>

<https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en>

**Pacifica**

*Pacifica Labs Inc. (2017)*

Free

Offers tools to help ease stress and anxiety. Tools include a daily mood tracker and relaxation audio recordings.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/us/app/pacifica/id922968861?mt=8>

<https://play.google.com/store/apps/details?id=com.pacificalabs.pacifica>

**Stop Panic & Anxiety Self Help**

*Excel At Life (2016)*

Free

Contains information about panic, anxiety and cognitive behavioural therapy, an anxiety diary, emotional training, relaxation techniques, and coaches users through panic attacks.

[Expert review](#)

Android

<https://play.google.com/store/apps/details?id=com.excelatlife.panic&hl=en>

## 6.0 TRAUMA- AND STRESSOR-RELATED DISORDERS

### 6.1 Post-Traumatic Stress Disorder (PTSD)

**PTSD Coach**

*US Department of Veterans Affairs (2017)*

Free

Provides information about PTSD, self-assessment tools, support opportunities, and tools to manage post-traumatic stress.

[Expert review](#) | [Research evidence](#)

iOS, Android

<https://itunes.apple.com/ca/app/ptsd-coach/id430646302?mt=8>

<https://play.google.com/store/apps/details?id=is.vertical.ptsdcoach&hl=en>

**PTSD Coach Canada**

*Veteran Affairs Canada (2017)*

Free

Supplies information and self-help tools that aid individuals to learn about and manage symptoms after trauma. Also includes direct links to support.

iOS, Android

<https://itunes.apple.com/ca/app/ptsd-coach-canada/id616851357?mt=8>

<https://play.google.com/store/apps/details?id=ca.gc.veterans.ptsd.ptsdcoach>

**OSI Connect**

*Royal Ottawa (2016)*

Free

Designed to help Armed Forces, veterans and RCMP community with operational stress injuries (OSI). Provides users and their families with a wide range of supports and information. Also helps users connect with OSI clinics across Canada.

iOS, Android

<https://itunes.apple.com/app/osi-connect-osi-clinic-network/id638446154?ls=1&mt=8>

<https://play.google.com/store/apps/details?id=com.royalottawa.osiconnect>

## 7.0 OTHER CONDITIONS

### 7.1 Cognitive Disorders

**Fit Brains Trainer**

*Rosetta Stone Canada Inc. (2017)*

Free

Offers training sessions purported to enhance users' cognitive performance. Designed to improve memory, processing speed, concentration, problem solving, and visual skills.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/us/app/fit-brains-trainer/id565200595?mt=8>

<https://play.google.com/store/apps/details?id=com.vivitylabs.android.braintrainer>

## 7.2 Eating Disorders

### **Recovery Record - Eating Disorder Management**

*Recovery Record (2017)*

Free

Allows users to keep a record of meals, thoughts, and feelings. Users can customize meal plans, receive and send anonymous encouragement messages to other people using the app, and share progress with users' treatment team.

iOS, Android

<https://itunes.apple.com/ca/app/recovery-record-eating-disorder/id457360959?mt=8>

<https://play.google.com/store/apps/details?id=com.recoveryrecord&hl=en>

## 7.3 Obsessive-Compulsive Disorder (OCD)

### **nOCD**

*Greenfeld and Smith Ventures, LLC (2017)*

\$

Designed for people with OCD who are undergoing cognitive behavioral therapy (CBT) and exposure response prevention (ERP). Provides a variety of personalized features to complement ongoing treatment.

iOS

<https://itunes.apple.com/us/app/nocd/id1063365447?mt=8>

### **Live OCD Free**

*Pocket Therapist, LLC (2016)*

\$\$\$\$

Exercises to diminish OCD symptoms, set practice goals and rewards and various tools to help deal with OCD. Also comes in a children's version with a game-like setting featuring a Worry Wizard.

iOS

<https://itunes.apple.com/ca/app/live-ocd-free/id509337840?mt=8>

## 8.0 GENERAL INFORMATION

### 8.1 Education Tools

#### **3D Brain**

*DNA Learning Center (2017)*

Free

Interactive map of the brain complete with functional information, consequences of injury, and associations with mental illness.

iOS, Android

<https://itunes.apple.com/ca/app/3d-brain/id331399332?mt=8>

<https://play.google.com/store/apps/details?id=org.dnalc.threedbrain&hl=en>

#### **DSM-5 Diagnostic Criteria**

*American Psychiatric Association (2017)*

\$\$\$\$\$

Psychiatric reference including all diagnostic criteria from DSM-5.

iOS, Android

<https://itunes.apple.com/us/app/dsm-5-diagnostic-criteria/id662938847?mt=8>

<https://play.google.com/store/apps/details?id=com.apa.dsm.v>

#### **PsycExplorer**

*The Psych Files (2017)*

\$

Keeps users informed of the latest news, blog posts, and videos in the field of psychology.

iOS

<https://itunes.apple.com/us/app/psycexplorer/id389372937?mt=8>



## 8.4 Stress

### **Headspace**

*Headspace Inc. (2017)*

Free

Includes daily guided meditations, science facts and figures, and a progress tracker.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/headspace-on-the-go/id493145008?mt=8>

<https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en>

### **Smiling Mind**

*Smiling Mind (2017)*

Free

Daily mindfulness meditations to help alleviate stress, anxiety, and depression. Includes 6 programs tailored for different ages groups (i.e., children, teens, adults, seniors).

iOS, Android

<https://itunes.apple.com/us/app/smiling-mind/id560442518?mt=8>

<https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en>

### **Breathe2Relax**

*National Centre for Telehealth and Technology (2016)*

Free

Includes stress management tools that provide information on the effects of stress on the body and practice exercises for diaphragmatic breathing.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/breathe2relax/id425720246?mt=8>

<https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en>

## 8.5 Suicide

### **Operation Reach Out**

*The Guidance Group Inc. (2016)*

Free

Provides resources and activities aimed at preventing suicide among military personnel and veterans. Contains a customizable help centre feature that links to suicide prevention hotlines.

iOS, Android

<https://itunes.apple.com/ca/app/operation-reach-out/id478899653?mt=8>

<https://play.google.com/store/apps/details?id=suicide.prevention.app>

### **Suicide Safe**

*SAMHSA (2015)*

Free

This learning tool offers tips and advice for providers who are helping individuals cope with suicidal ideation.

iOS, Android

<https://itunes.apple.com/us/app/suicide-safe-by-samhsa-suicide/id968468139?mt=8>

<https://play.google.com/store/apps/details?id=gov.hhs.samhsa.app.spa&hl=en>

### **ReliefLink**

*Emory University (2014)*

Free

Allows users to manage their daily mental health, monitor suicidal ideation, and to locate nearby mental health treatment facilities.

iOS

<https://itunes.apple.com/us/app/reliefink/id721474553?mt=8>

## 8.6 Weight Management

### **Calorie Counter**

*MyFitnessPal (2017)*

Free

Contains a large food database permitting users to keep track of calorie intake. App also includes a fitness tracker and goal setting function.

iOS, Android

<https://itunes.apple.com/ca/app/calorie-counter-diet-tracker/id341232718?mt=8>

<https://play.google.com/store/apps/details?id=com.myfitnesspal.android&hl=en>

### **Lose It!**

*FitNow (2017)*

Free

Provides a customized weight loss plan that meets users' goals. Users can enter meals, track nutrients, and share exercises and recipes with friends.

iOS, Android

<https://itunes.apple.com/ca/app/lose-it!/id297368629?mt=8>

<https://play.google.com/store/apps/details?id=com.fitnow.loseit>

## 8.7 Medication Management

### **Dosecast**

*Montuno Software (2017)*

Free

Users receive notifications to take medications, vitamins, or birth control pills. Offers customizable dose instructions and scheduling to match specific user needs.

iOS, Android

<https://itunes.apple.com/ca/app/dosecast/id365191644?mt=8>

<https://play.google.com/store/apps/details?id=com.montunosoftware.dosecast>

**Epocrates**

*Epocrates, Inc. (2017)*

Free

Provides a wide range of information and supports regarding drug prescribing practices.

iOS, Android

<https://itunes.apple.com/us/app/epocrates-reference-tools-for-healthcare-providers/id281935788?mt=8>

<https://play.google.com/store/apps/details?id=com.epocrates&hl=en>

**MediSafe Medication Reminder**

*MediSafe Inc. (2017)*

Free

Helps users to take their medicine on time. Also allows users to help their families with medication management.

iOS, Android

<https://itunes.apple.com/us/app/medisafe-medication-reminder/id573916946?mt=8>

<https://play.google.com/store/apps/details?id=com.medisafe.android.client&hl=en>

## 8.8 Sleep

**CBT-i Coach**

*US Department of Veteran Affairs (2017)*

Free

Provides strategies to improve sleeping habits and ease symptoms of insomnia. May be used by people engaged in CBT for insomnia.

[Expert review](#)

<https://itunes.apple.com/us/app/cbt-i-coach/id655918660?mt=8>

<https://play.google.com/store/apps/details?id=com.t2.cbti&hl=en>

**Sleepio**

*Big Health LTD (2017)*

Free

Designed to help users overcome persistent sleep problems with a personalized program of cognitive behavioral therapy (CBT) techniques.

[Expert review](#)

iOS

<https://itunes.apple.com/ca/app/sleepio-sleep-improvement/id910208298?mt=8>

