

Mobile tools to promote mental wellness

Looking for ways to deal with stress and anxiety?

Access these services and tools right from your phone.



Help for Albertans

Text4Hope

Text HopeAB to 393939 to receive daily texts to help you adjust negative thoughts and feelings. Text Open2Change to 393939 to subscribe to the addiction program.

Text4Hope is available in multiple languages. Learn more about [Text4Hope](#).

Mental Health Helpline

Confidential information and service referral for addiction and mental health concerns. Available toll-free 24/7 at 1-877-303-2642

5 questions to ask when choosing a mental health app



Who developed the app?

Look for reliable sources like universities, governments, and mental health organizations.

Is there a privacy policy?

Make sure you're comfortable with how your data may be used (stored, shared, or sold).

Will you use it long-term?

Do the activities fit into your lifestyle? Do you find the app engaging and appealing?

Is there evidence that it works?

Read the app description to see if it uses evidence-based practices (such as cognitive behavioural therapy). For more information: [AHS Addiction & Mental Health Mobile Application Directory](#).

Can you share your results?

Some apps allow you to download and share your data. Look for this feature if you want to involve your healthcare team with your status and progress.

5 free evidence-based apps to try

Disclaimer: some apps include in-app purchases.

1 Headspace

[Headspace](#) includes hundreds of guided meditations on a wide range of topics, including sleep, focus, and exercise.



2 MindShift CBT

[Mindshift CBT](#) uses proven strategies based on cognitive behavioural therapy to help you learn to relax and take charge of your anxiety.

3 Sanvello

[Sanvello](#) offers tools to help ease stress and anxiety, including a daily mood tracker, relaxation audio recordings, and peer support.

4 Happify

Complete happiness activities based on the principles of positive psychology, cognitive behavioural therapy, and mindfulness with [Happify](#).



5 Wysa

[Wysa](#) keeps track of your mood with friendly chats and helps you fight stress and anxiety with tailored tools and exercises.

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