Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES

Mental Health and Addiction

Mobile Apps Directory

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About this directory

This document provides a directory of mobile applications (apps) that may be used as aids in mental health or addiction conditions. This information was gathered from various organizational websites and other sources in the public domain and provides a brief overview of available evidence-based apps related to mental health and addiction. Apps have been grouped into categories of disorders according to the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5) (American Psychiatric Association, 2013).

Intended audience

This directory may be useful for:
- Clinicians looking for information about apps related to mental health or addiction for their patients. (Note: We encourage further evaluation and clinical judgment before recommending apps to patients.)
- Clinicians looking for technologies to supplement care.
- Researchers interested in learning about mobile health technology.
- App developers identifying gaps in the current app market.

Search

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.

Effectiveness of mental health apps

There is a wealth of commercial mental health apps available to smartphone users. Apps are viewed as a promising alternative to traditional face-to-face mental health care by offering tools of assessment, tracking, and treatment through the convenience of a handheld device (van Ameringen et al., 2017). They have the potential to overcome treatment barriers, such as geographic location and financial cost, and to provide effective interventions for clinical populations. In recent years, there has been an increase in research examining mental health apps' efficacy and effectiveness, although more research is needed to determine long-term outcomes (Fowler et al., 2016; Magee et al., 2018; Rathbone et al., 2017; Rathbone & Prescott, 2017; van Ameringen et al., 2017).

There is some evidence suggesting that mental health interventions delivered via smartphone devices may help improve certain mental health conditions, such as anxiety and depression (Dubad et al., 2018; Firth et al., 2017a and 2017b; Karyotaki et al., 2021; Lecomte et al., 2020; Linardon et al., 2019; Weisel et al., 2019) and in some cases of tobacco dependence (Regmi et al., 2017; Weisel et al., 2019; Whittaker et al., 2019). However, it is not yet clear if app interventions can be as effective as traditional treatments. While many Canadians have reported

that they believe apps can help them cope with mental illness (Ipsos, 2018), evidence suggests that user engagement with mental health apps can be low (Baumel et al., 2019; Torous et al., 2019).

As such, patients and healthcare providers should be cautious when selecting apps for treatment to ensure they are evidence-based, user-friendly, and engaging.

Selecting and evaluating apps

Due to the large number of mental health apps available, it can be a challenge to identify apps that are user-friendly and clinically effective. Most people searching for apps rely on app store ratings as an indication of an app's quality. Unfortunately, these ratings are based on subjective experiences of users, typically from a usability or visual standpoint, and do not reflect an app's quality in terms of improving health outcomes (Bidargaddi et al., 2017). In addition, mental health app descriptions often include claims about their effectiveness, but research has found that these claims are rarely based on high-quality evidence (Larsen et al., 2019).

In an effort to enhance app assessment, several evaluation tools have been developed, including:

- The Mental Health Commission of Canada's Mental Health Apps: How to Make an Informed Choice framework
- The American Psychiatric Association's App Evaluation Model
- The Canadian Medical Association's Guiding Principles for Physicians Recommending Mobile Health Applications to Patients
- The Mobile App Rating Scale (MARS)

Common evaluation criteria for mental health apps include:

- Classification (intended audience, program aim)
- Usability (ease of use, navigation)
- Visual design (aesthetics, layout)
- User engagement (interactivity, personalization)
- Business model (for-profit, not-for-profit)
- Privacy and security (terms of use, secure data, information sharing with third parties)
- Credibility (owner's credibility, evidence-based program, third-party endorsement)
- Content (evidence-based content, quality of information)
- Therapeutic persuasiveness (therapeutic rationale and pathway, ongoing feedback) (Baumel et al., 2017; Bidargaddi et al., 2017; Chan et al., 2017; Torous et al., 2019; Zelmer et al., 2018).

Inclusion criteria for this directory

We include apps that have supporting evidence (such as research articles or positive expert reviews). When supporting evidence has been identified, a link to the source is provided.

In rare cases, we will include apps that do not have supporting evidence. In these cases, we include the apps only if:

- There are very few apps on a particular topic, and we want to provide a starting point.
- The app is created by a known reliable source.

Beyond identifying supporting evidence, we do not evaluate the apps in this directory. We recommend that you personally evaluate app quality before use—the tools listed in the "Selection and evaluation of apps" section above may be useful for this.

Conflicts of interest

In some cases, one or more authors of a research article we've included as supporting evidence may have a potential conflict of interest. For example, an author may be a co-developer of an app or co-founder of the company that owns an app. We do not identify conflicts of interest in this directory. It is the reader's responsibility to do so.

Directory format

Information is provided in a standard format throughout this directory. The apps have been divided into categories based on their intended addiction or mental health use.

Major Disorder Category

Specific Disorder Category

App Name
Developer (Year of last update)
Cost*
Available on: iOS | Android

Summary of the main features of the app.

Supporting evidence:
- Links to available research studies or expert reviews

This app also applies to:
- DSM-5 section number and name for additional relevant conditions (if applicable)

Cost Legend:
- » Free
- » $ = $1-$5.99
- » $$ = $6-$10.99
- » $$$ = $11-$20.99
- » $$$$ = $21-$50
- » $$$$$ = More than $50

Note:
Apps listed as Free might also have "in-app" add-ons that have a cost associated with them or are only free on a trial basis.

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Online version of this directory

This directory is also available as an [online database](). This version is hosted on the free Airtable platform. It looks similar to an Excel spreadsheet, but is more flexible for sorting and filtering the information that interests you (see below). You can also print the filtered database, or download the data in CSV format.

The **top menu bar** includes all the options for manipulating the data.
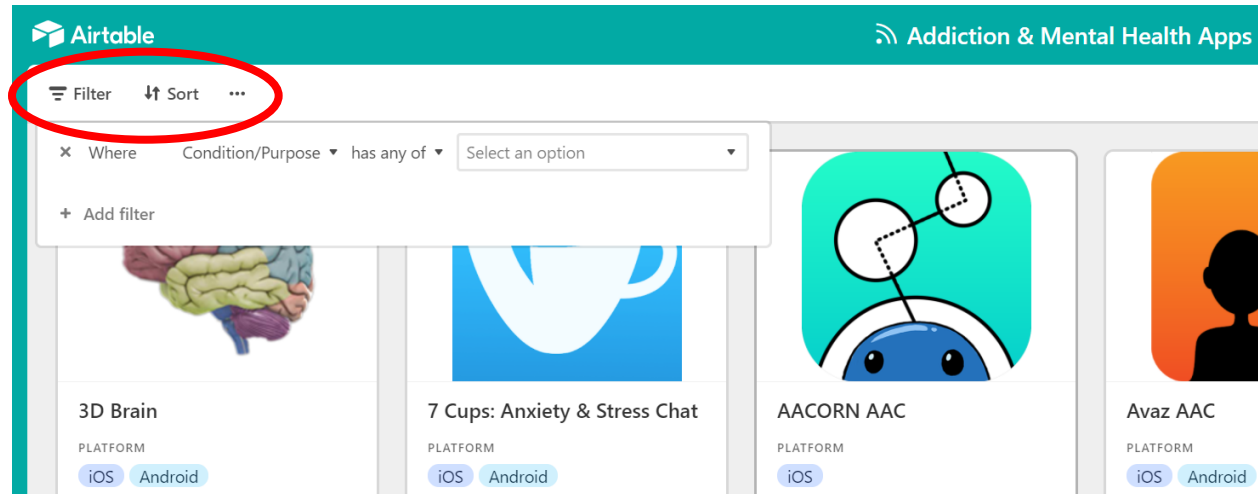
Note that you can apply **multiple filters** to limit results by cost, platform, disorder, main features, target population, and supporting evidence.

1.0 Neurodevelopmental Disorders

1.1 Communication Disorders & Autism Spectrum Disorders

These articles may be helpful in choosing an appropriate app for children with autism:

- [iPads and the Use of "Apps" by Children with Autism Spectrum Disorder: Do They Promote Learning?](#) (2016) – See "Recommendations for app use"
- [Evaluating iPad Technology for Enhancing Communication Skills of Children with Autism Spectrum Disorders](#) (2015)

Avaz AAC
Avaz, Inc. (2024)
$$$$$

Available on: [iOS](#) | [Android](#)

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

Supporting evidence:
- [Research study](#) (Sonawane & Varshneya, 2020)
- [Research study](#) (Sreekumar et al., 2020)
- [Research study](#) (Sankardas & Rajanahally, 2017)

Language Therapy for Children (MITA)
ImagiRation LLC (2024)
Free

Available on: [iOS](#) | [Android](#)

Mental Imagery Therapy for Autism (MITA) is an early-intervention app for children with language delay and autism spectrum disorder. MITA aims to train mental integration and receptive language, starting with simple vocabulary, and progressing towards higher forms of language, such as adjectives, verbs, pronouns, and syntax.

Supporting evidence:
- [Research study](#) (Vyshedskiy et al., 2020)
- [Research study](#) (Dunn et al., 2017)

Naming Therapy

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Mobile Apps Directory

Tactus Therapy Solutions Ltd. (2024)
$$$

Available on: [iOS](#) | [Android](#)

Helps individuals with communication disorders and children with special needs practice naming and description skills.

Supporting evidence:
- [Research study](#) (Vaezipour et al., 2020)

Proloquo2Go
AssistiveWare (2024)
$$$$$

Available on: [iOS](#)

Augmentative and alternative communication (AAC) 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.

Supporting evidence:
- [Research study](#) (Nakkawita et al., 2023)
- [Research study](#) (Collette et al., 2019)
- [Research study](#) (Alzrayer et al., 2017)
- [Research study](#) (Krcek, 2015)

1.2 Attention Deficit/Hyperactivity Disorder

This article may be helpful in choosing an appropriate app for individuals with ADHD:

- ADHD: Harnessing the Power of Technology & Apps (2020)

Evernote
Evernote Corporation (2024)
Free

Available on: iOS | Android

Evernote is a planner app that helps its users organize their work in multiple formats, syncs content across devices, and allows for sharing and collaboration.

Supporting evidence:

- Research study (Moëll et al., 2015)

Inflow ADHD
Get Inflow Ltd. (2024)
Free

Available on: iOS | Android

Inflow is based on cognitive behavioural therapy (CBT). It helps users manage symptoms of ADHD and offers a resource library, practical tools, coaching, and a built-in community.

Supporting evidence:

- Research study (Knouse et al., 2022)

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2.0 Schizophrenia Spectrum and Psychotic Disorders

7 Cups: Online therapy & chat
7 Cups of Tea (2024)
Free

Available on: iOS | Android

Provides an anonymous chat messaging platform (available via the app or a web browser) for users to receive emotional support and counselling through trained volunteers and self-help tools. There is also a fee-based option to speak with certified therapists.

Supporting evidence:
- Research study (Comtois et al., 2022)
- Research study (Baumel et al., 2018)
- Research study (Baumel et al., 2016)
- Research study (Baumel, 2015)
- Expert review (Choosing Therapy)
- Expert review (*Family Practice Management* journal)
- Expert review (MindTools.io)

This app also applies to:
- DSM-5 section 3.0: Depressive Disorders
- DSM-5 section 4.0: Anxiety Disorders
- DSM-5 section 11.3: Stress
- DSM-5 section 12.3: On-Demand Care

3.0 Depressive Disorders

7 Cups: Online therapy & chat
Available on: [iOS](#) | [Android](#)
See 2.0 Schizophrenia Spectrum and Psychotic Disorders for full description.

BreathingRoom
Canadian Institute of Natural and Integrative Medicine (2023)
Free

Available on: [iOS](#)

Offers strategies to help teens and young adults aged 13-24 manage their well-being. Includes videos, meditations, stories, practices and tools.

Supporting evidence:
- [Research study](#) (Rickhi et al., 2019)
- [Research study](#) (Rickhi et al., 2015)

MoodMission
MoodMission (2023)
Free

Available on: [iOS](#) | [Android](#)

Users tell MoodMission how they're feeling and receive a tailored list of five Missions to help them feel better and improve their well-being, including mindfulness and relaxation exercises, fitness activities, and gratitude exercises.

Supporting evidence:
- [Research study](#) (Tan et al., 2023)
- [Research study](#) (Marshall et al., 2021)
- [Research study](#) (Aizenstros et al., 2021)
- [Research study](#) (Bakker et al., 2018)
- [Expert review](#) (MindTools.io)
- [Expert review](#) (PsyberGuide)

SuperBetter: Mental Health
SuperBetter, LLC (2024)
Free

Available on: iOS | Android

This app uses the psychology of gameplay to help users build resilience and stay motivated and optimistic to overcome life challenges.

Supporting evidence:
- Research study (Bantjes et al., 2024)
- Research study (Marshall et al., 2021)
- Research study (Devan et al., 2019)
- Research study (Roepke et al., 2015)
- Expert review (American Psychiatric Association)
- Expert review (PsyberGuide)
- Expert review (MindTools.io)
- Expert review (Healthify New Zealand)

Virtual Hope Box
National Center for Telehealth & Technology (2023)
Free

Available on: iOS | Android

Includes tools to help people suffering from depression with coping, relaxation, distraction, and positive thinking. This app can be used in collaboration with a mental health provider to address specific problem areas.

Supporting evidence:
- Research study (Gerner et al., 2024)
- Research study (Melia et al., 2020)
- Research study (Gould et al., 2019)
- Research study (Denneson et al., 2018)
- Research study (Pospos et al., 2018)
- Research study (Bush et al., 2017)
- Expert review (American Psychological Association)
- Expert review (Healthify New Zealand)
- Expert review (PsyberGuide)

This app also applies to:
- DSM-5 section 11.1: Suicidal Behaviour Disorder

- DSM-5 section 11.2: Nonsuicidal Self-Injury

Woebot
Woebot Health Inc (2024)
Free

Available on: iOS | Android

Woebot is an AI-powered chatbot that guides users through the management of distressing thoughts and feelings using cognitive behavioural therapy (CBT) principles.

Supporting evidence:
- Research study (Durden et al., 2023)
- Research study (Hoffman et al., 2023)
- Research study (Li et al., 2021)
- Research study (Prochaska et al., 2021)
- Research study (Fitzpatrick et al., 2017)
- Expert review (PsyberGuide)
- Expert review (MindTools.io)
- Expert review (American Psychiatric Association)
- Expert review (Healthify New Zealand)

This app also applies to:
- DSM-5 section 4.0: Anxiety Disorders
- DSM-5 section 9.1: Alcohol-Related Disorders
- DSM-5 section 11.3: Stress

Wysa: Anxiety, therapy chatbot
Touchkin (2024)
Free

Available on: [iOS](iOS) | Android

Wysa is a chatbot that tracks your mood with friendly chats and helps manage stress and anxiety with a variety of tools and exercises, including calming meditation and mindfulness practices.

Supporting evidence:
- Research study (Chang et al., 2024)
- Research study (MacNeill et al., 2024)
- Research study (Sinha et al., 2023)
- Research study (Leo et al., 2022)
- Research study (Malik et al., 2022)
- Research study (Meheli et al., 2022)
- Expert review (Choosing Therapy)
- Expert review (Healthify New Zealand)
- Expert review (PsyberGuide)
- Expert review (MindTools.io)

This app also applies to:
- DSM-5 section 4.0: Anxiety Disorders
- DSM-5 section 11.3: Stress

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4.0 Anxiety Disorders

7 Cups: Online therapy & chat
Available on: iOS | Android
See 2.0 Schizophrenia Spectrum and Psychotic Disorders for full description.

Calm: Meditate, Sleep, Relax
Calm.com, Inc. (2024)
Free

Available on: iOS | Android

Helps users reduce stress and anxiety, improve sleep, and relax through the practice of mindfulness and meditation. The app also tracks users' daily streaks and time spent meditating.

Supporting evidence:
- Research study (Comtois et al., 2022)
- Research study (Huberty et al., 2021)
- Research study (Laird et al., 2021)
- Research study (Clarke & Draper, 2020)
- Research study (Huberty et al., 2019)
- Expert review (Healthline)
- Expert review (Choosing Therapy)
- Expert review (PsyberGuide)
- Expert review (MindTools.io)

This app also applies to:
- DSM-5 section 8.0: Disruptive, Impulse-Control, and Conduct Disorders
- DSM-5 section 11.3: Stress
- DSM-5 section 11.4: Sleep

Headspace: Meditation & Sleep
Headspace Inc. (2024)
Free

Available on: iOS | Android

Includes hundreds of guided meditations on a wide range of topics, including sleep, focus, and exercise. Users can track their progress and time spent meditating. The free version is limited, but users can subscribe for additional features.

Supporting evidence:
- Research study (Abbott et al., 2023)
- Research study (Taylor et al., 2022)
- Research study (O'Daffer et al., 2022)
- Research study (Haliwa et al., 2021)
- Research study (Flett et al., 2020)
- Research study (Bostock et al., 2019)
- Research study (Champion et al., 2018)
- Research study (Economides et al., 2018)
- Research study (Howells et al., 2016)
- Expert review (PsyberGuide)
- Expert review (MindTools.io)
- Expert review (Anxiety and Depression Association of America)
- Expert review (Healthify New Zealand)

This app also applies to:
- DSM-5 section 8.0: Disruptive, Impulse-Control, and Conduct Disorders
- DSM-5 section 11.3: Stress
- DSM-5 section 11.4: Sleep

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MindShift CBT – Anxiety Relief
Anxiety Canada Association (2024)
Free

Available on: [iOS](#) | [Android](#)

Designed to help users cope with anxiety. In addition to providing strategies to deal with everyday anxiety, it also offers specific tools to manage issues like social anxiety and perfectionism.

Supporting evidence:
- [Research study](#) (Rappaport et al., 2023)
- [Research study](#) (Sharma et al., 2022)
- [Research study](#) (Marshall et al., 2021)
- [Research study](#) (Paul & Fleming, 2019)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (Healthify New Zealand)

Woebot
Available on: [iOS](#) | [Android](#)
See 3.0 Depressive Disorders for full description.

Wysa: Anxiety, therapy chatbot
Available on: [iOS](#) | [Android](#)
See 3.0 Depressive Disorders for full description.

5.0 Obsessive-Compulsive Disorder

OCD.app (previously GG OCD)
Ggtude Ltd (2024)
Free

Available on: iOS | Android

Aims to improve OCD symptoms by increasing the user's awareness of negative thoughts and training the brain to challenge and overcome them. There are hundreds of levels to complete, which consist of short games with themes such as positive self-task, self-esteem, belief in change, self-criticism, negative thinking, and coping.

Supporting evidence:
- Research study (Gamoran & Doron, 2023)
- Research study (Akin-Sari et al., 2022)
- Research study (Cerea et al., 2020)
- Research study (Roncero et al., 2019)
- Research study (Pascual-Vera et al., 2018)
- Expert review (PsyberGuide)

NOCD: OCD Therapy and Tools
NOCD INC (2024)
Free

Available on: iOS | Android

Designed for people with OCD, it matches users with licensed OCD therapists who are trained in exposure and response prevention (ERP). It offers online therapy sessions and other supports and provides a variety of personalized features to complement ongoing treatment.

Supporting evidence:
- Research study (Feusner et al., 2022)
- Research study (Gershkovich et al., 2021)
- Research study (Hong et al., 2020)
- Expert review (Choosing Therapy)
- Expert review (PsyberGuide)
- Expert review (American Psychiatric Association)

6.0 Posttraumatic Stress Disorder

PTSD Coach
US Department of Veterans Affairs (2024)
Free

Available on: iOS | Android

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

Supporting evidence:
- Research study (Bröcker et al., 2024)
- Research study (Hensler et al., 2023)
- Research study (Hallenbeck et al., 2022)
- Research study (Hensler et al., 2022)
- Research study (Kuhn et al., 2017)
- Research study (Possemato et al., 2016)
- Expert review (Beacon)
- Expert review (PsyberGuide)
- Expert review (Anxiety and Depression Association of America)
- Expert review (Healthify New Zealand)

PTSD Coach Canada
Veterans Affairs Canada (2024)
Free

Available on: iOS | Android

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

Supporting evidence:
- Research study (Kuhn et al., 2018)

PTSD Family Coach
US Department of Veterans Affairs (2023)
Free

Available on: iOS | Android

Designed for family members of those living with PTSD, this app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationships with loved ones, and how to help your loved ones get treatment.

Supporting evidence:
- Research study (van Stolk-Cooke et al., 2023)
- Research study (Nolan et al., 2019)

VetChange
US Department of Veterans Affairs (2024)
Free

Available on: iOS | Android

VetChange is designed for veterans, military members or anybody who is concerned about their drinking and post-traumatic stress after deployment. The app provides tools for cutting down or quitting drinking and managing stress symptoms, as well as education about alcohol use and how it relates to post-traumatic stress symptoms.

Supporting evidence:
- Research study (Newberger et al., 2023)
- Research study (Enggasser et al., 2021)
- Research study (Livingston et al., 2021)
- Research study (Livingston et al., 2020)
- Research study (Brief et al., 2018)
- Research study (Enggasser et al., 2015)
- Expert review (MindTools.io)
- Expert review (Healthify New Zealand)

This app also applies to:
- DSM-5 section 9.1: Alcohol-Related Disorders

7.0 Feeding and Eating Disorders

Body+
Ggtude Ltd (2022)
Free

Available on: iOS | Android

Includes a wide range of features to help users focus on body positivity and acceptance.

Supporting evidence:
- Research study (Cerea et al., 2022)
- Research study (Cerea et al., 2021)
- Research study (Aboody et al., 2020)
- Expert review (PsyberGuide)

Recovery Record for Clinicians
Recovery Record (2024)
Free

Available on: iOS | Android

Designed for clinicians who treat eating disorders. With permission from the client, it links with the client's RR Eating Disorder Management self-monitoring app (listed below) to help clinicians track client data and outcomes.

Supporting evidence:
- *See description for RR Eating Disorder Management below.*

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RR Eating Disorder Management
Recovery Record (2024)
Free

Available on: [iOS](#) | [Android](#)

Allows users to keep a record of meals, thoughts, and feelings. Users can customize meal plans, receive and send anonymous encouraging messages to users, and share progress with their treatment team.

Supporting evidence:
- [Research study](#) (Palacios et al., 2024)
- [Research study](#) (Lindgreen et al., 2021)
- [Research study](#) (Neumayr et al., 2019)
- [Research study](#) (Tregarthen et al., 2019)
- [Research study](#) (Lindgreen et al., 2018a)
- [Research study](#) (Lindgreen et al., 2018b)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Healthify New Zealand)
- [Expert review](#) (MindTools.io)

8.0 Disruptive, Impulse-Control, and Conduct Disorders

Calm: Meditate, Sleep, Relax
Available on: iOS | Android

Users with an active subscription can access the Calm Kids content library.

See 4.0 Anxiety Disorders for full description.

Headspace: Mindful Meditation
Available on: iOS | Android

Users with an active subscription can access Headspace for Kids content.

See 4.0 Anxiety Disorders for full description.

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9.0 Substance-Related and Addictive Disorders

9.1 Alcohol-Related Disorders

Daybreak – Alcohol Support
Hello Sunday Morning (2024)
Subscription fee for international members (outside Australia) ($$$ monthly; $$$$$ annually).

Available on: iOS | Android

Daybreak is funded by the Australian Department of Health and offers professional coaches to help users get control of their drinking habits. Users are encouraged to make changes based on their goals and motivations through tailored activities and contribute to the online support community.

Supporting evidence:
- Research study (Tait et al., 2019)
- Expert review (MindTools.io)

Drink Less
Robert West (2024)
Free

Available on: iOS

This app allows users to keep track of their drinking and how it changes over time, set goals for the targets that are important to them, play games designed to strengthen their resolve to drink less alcohol, and create plans to deal with situations where they may be tempted to drink.

Supporting evidence:
- Research study (Oldham et al., 2024a)
- Research study (Oldham et al., 2024b)
- Research study (Garnett et al., 2021)
- Research study (Garnett et al., 2019)
- Research study (Crane et al., 2018)
- Expert review (Beacon)

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Stand Down: Think Before You Drink
Here and Now Systems LLC (2024)
Free

Available on: iOS | Android

Designed for veterans who want to reduce or stop their drinking but are hesitant or unable to access in-person treatment. Provides a comprehensive assessment of a veteran's drinking patterns, norm-based feedback, and evidence-based tools and strategies for managing cravings and changing drinking habits.

Supporting evidence:
- Research study (Blonigen et al., 2021)
- Research study (Blonigen et al., 2020)

Step Away: Alcohol Help
Here and Now Systems LLC (2022)
Free

Available on: iOS | Android

Users complete a short screening questionnaire to establish their drinking profile and risk level. The program leads users to set a goal: either to moderate their drinking or stop drinking for a set number of days. The program is designed as a sequence of steps, which are recommended to be completed daily for three months.

Supporting evidence:
- Research study (Hawkins et al., 2023)
- Research study (Dulin et al., 2022)
- Research study (Malte et al., 2021)
- Research study (Blonigen et al., 2020)
- Expert review (MindTools.io)

Talk. They Hear You.
SAMHSA (2024)
Free

Available on: iOS | Android

Provides parents and caregivers with tools and information to start talking with their children about the dangers of alcohol and other drugs.

VetChange
Available on: [iOS](#) | [Android](#)
See 6.0 Posttraumatic Stress Disorder for full description.

Woebot
Available on: [iOS](#) | [Android](#)
See 3.0 Depressive Disorders for full description.

9.2 Opioid-Related Disorders

Digital Overdose Response
Aware360 Ltd *(2024)*
Free

Available on: iOS | Android

Designed to enhance safety for individuals using opioids or other substances alone in Alberta. It allows users to summon emergency help in case of an overdose, providing a direct link to medical response services. The app also offers information on addiction recovery resources and services, supporting users on their journey to recovery.

Supporting evidence:
- Research study (Teare et al., 2025)

LifeguardConnect
Lifeguard Health Inc (2024)
Free

Available on: iOS | Android

Created by provincial and regional health authorities in British Columbia in response to the overdose crisis. The user activates the app before they take their dose. After 50 seconds the app will sound an alarm. If the user doesn't hit a button to stop the alarm, it will grow louder. After 75 seconds, a text-to-voice call will go to 911 to alert emergency medical dispatchers of a potential overdose.

Supporting evidence:
- Research study (Teare et al., 2025)

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9.3 Tobacco-Related Disorders

My QuitBuddy
Australian Department of Health (2024)
Free

Available on: iOS | Android

Includes customizable goals for different stages of readiness to quit smoking. It offers tools to track progress, manage cravings with distractions, and stay motivated with helpful tips, success stories, and community support

Supporting evidence:
- Research study (Peek et al., 2021)
- Expert review (MindTools.io)

QuitGuide – Quit Smoking
ICF International (2023)
Free

Available on: iOS | Android

Tracks cigarette cravings and moods, monitors progress toward milestones and identifies triggers and strategies to deal with them.

Supporting evidence:
- Research study (Gowarty et al., 2021)
- Research study (Bricker et al., 2020)
- Research study (Bricker et al., 2014)
- Expert review (Beacon)
- Expert review (Healthify New Zealand)

Pivot Journey
Pivot Health Technologies Inc. (2024)
Free

Available on: iOS | Android

This app helps users quit smoking at their own pace with personalized support, educational resources, and a carbon monoxide sensor for progress tracking. It offers daily check-ins, coaching, and strategies to manage cravings and triggers. The app focuses on building skills, increasing confidence, and providing long-term support to ensure a successful, smoke-free lifestyle.

Supporting evidence:
- Research study (Marler et al., 2024)
- Research study (Marler et al., 2023)
- Research study (Marler et al., 2022)
- Research study (Marler et al., 2021)

Smoke Free – Quit Smoking Now
David Crane (2024)
Free

Available on: iOS | Android

This app has over 40 different evidence-based techniques to help users quit smoking. It 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.

Supporting evidence:
- Research study (Crane et al., 2019)

9.4 Gambling Disorder

GL: In-The-Moment
Deakin GamblingLess (2024)
Free

Available on: iOS | Android

This app provides 24/7 personalized support to help individuals reduce gambling. Through brief daily check-ins, it assesses urges, triggers, and expectations, recommending interactive activities like videos and games to curb urges and manage risks. Follow-up check-ins track progress and offer continued support if needed.

Supporting evidence:
- Research study (McCurdy et al., 2023)
- Research study (Dowling et al., 2021)
- Research study (Hawker et al., 2021)

10.0 Neurocognitive Disorders

10.1 Parkinson's Disease

Swallow Prompt
Speechtools Ltd (2024)
$

Available on: iOS | Android

Helps people with neurological conditions (e.g., Parkinson's disease) remember to swallow by delivering regular and discreet prompts.

Supporting evidence:
- Expert review (Parkinson's UK)
- Expert review (Healthify New Zealand)

Walking Tall
University of New South Wales (2024)
Free

Available on: iOS | Android

Helps people with Parkinson's disease to improve their walking ability. Includes a gait re-training tool that allows users to personalize their training time and pace.

Supporting evidence:
- Research study (Brodie, 2022)

10.2 Unspecified Neurocognitive Disorders

BrainHQ
Posit Science (2024)
Free

Available on: iOS | Android

Provides brain exercises that adapt to each user, getting more challenging as performance improves. The free version of the app includes one exercise every day. For full access, a subscription is required.

Supporting evidence:
- Research study (Meltzer et al., 2023)
- Research study (Nguyen et al., 2022)
- Research study (Pressler et al., 2022)
- Research study (Knoefel et al., 2018)
- Expert review (PsyberGuide)
- Expert review (MindTools.io)

CogniFit
CogniFit Inc. (2024)
Free

Available on: iOS | Android

Helps improve cognitive function through fun and engaging mental games. It offers personalized brain training sessions to boost skills like memory, focus, processing speed, and reaction time. Users can track their progress with a cognitive score, set goals, and monitor improvements in various areas, such as reasoning, coordination, and attention.

Supporting evidence:
- Research study (Embon-Magal et al., 2022)
- Research study (Nguyen et al., 2022)
- Research study (Bahar-Fuchs et al., 2020)
- Expert review (PsyberGuide)
- Expert review (MindTools.io)

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11.0 Other Conditions

11.1 Suicidal Behaviour Disorder

Hope by CAMH
Centre for Addiction and Mental Health (2024)
Free

Available on: iOS | Android

Guides users through creating a personalized suicide safety plan to help when they are feeling sad or hopeless, or experiencing thoughts of suicide. The plan can be developed together with a healthcare professional but can also be built with the help of another trusted person. There is also general information on suicide prevention and crisis and support resources.

Stay Alive
Grassroots Suicide Prevention (2024)
Free

Available on: iOS | Android

Includes suicide prevention resources, a safety plan, customizable reasons for living, and a "life box" where users can store life-affirming photos, videos and audios that are important to them.

Supporting evidence:
- Research study (Kent Surrey Sussex Academic Health Science Network, 2020)
- Research study (Pospos et al., 2018)

Suicide Safe by SAMHSA
SAMHSA (2023)
Free

Available on: iOS | Android

This learning tool offers tips and advice for care providers who are helping individuals cope with suicidal ideation. The app offers tips on how to communicate effectively with clients and their families, determine appropriate next steps, and make referrals to treatment and community resources.

Supporting evidence:
* Expert review (American Psychological Association)

Virtual Hope Box
Available on: iOS | Android
See 3.0 Depressive Disorders for full description.

11.2 Nonsuicidal Self-Injury

Calm Harm
Stem4 (2024)
Free

Available on: iOS | Android

Using principles from dialectical behaviour therapy (DBT), this app directs the user to "ride the wave" of the urge to self-harm. The user can choose 5- or 15-minute blocks of different activities to overcome urges as they arise.

Supporting evidence:
* Expert review (Healthify New Zealand)
* Expert review (MindTools.io)
* Expert review (PsyberGuide)
* Expert review (The British Psychological Society)

Virtual Hope Box
Available on: iOS | Android
See 3.0 Depressive Disorders for full description.

11.3 Stress

7 Cups: Online therapy & chat
Available on: iOS | Android
See 2.0 Schizophrenia Spectrum and Psychotic Disorders for full description.

Breathe2Relax
National Center for Telehealth & Technology (2023)
Free

Available on: iOS | Android

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

Supporting evidence:
- Research study (Skopp et al., 2024)
- Research study (Hoffman et al., 2019)
- Expert review (American Psychiatric Association)
- Expert review (Anxiety and Depression Association of America)
- Expert review (Healthify New Zealand)
- Expert review (MindTools.io)
- Expert review (PsyberGuide)

Calm: Meditate, Sleep, Relax
Available on: iOS | Android
See 4.0 Anxiety Disorders for full description.

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Happify
Happify, Inc. (2024)
Free

Available on: iOS | Android

Designed to help adults improve overall well-being and happiness, with influences from positive psychology, cognitive behavioural therapy, and mindfulness. Users complete happiness activities to earn points and enter to win prizes.

Supporting evidence:
- Research study (Boucher et al., 2022)
- Research study (Li et al., 2021)
- Research study (Parks et al., 2020)
- Research study (Hunter et al., 2019)
- Research study (Parks et al., 2018)
- Expert review (Anxiety and Depression Association of America)
- Expert review (PsyberGuide)

Headspace: Mindful Meditation
Available on: iOS | Android
See 4.0 Anxiety Disorders for full description.

Healthy Minds Program
Healthy Minds Innovations, Inc (2024)
Free

Available on: iOS | Android

A meditation and podcast-based app that helps users manage stress. Users take a baseline survey and receive a score for each of the four pillars (Awareness, Connection, Insight, and Purpose). Users can then participate in brief courses focused on the pillars.

Supporting evidence:
- Research study (Hirshberg et al., 2022)
- Research study (Goldberg et al., 2020)
- Expert review (PsyberGuide)

Smiling Mind: Mental Wellbeing
Smiling Mind (2024)
Free

Available on: [iOS](#) | [Android](#)

Daily mindfulness meditations help alleviate stress, anxiety, and depression, including lessons, meditations, and practices across five core skill sets: mindfulness, flexible thinking, connection, purposeful action, and body recharge. It features programs for all ages (children, teens, adults) and settings (work, school, sports).

Supporting evidence:
- [Research study](#) (Bartlett et al., 2022)
- [Research study](#) (Marshall et al., 2021)
- [Research study](#) (Flett et al., 2019)
- [Research study](#) (Mani et al., 2015)
- [Expert review](#) (Healthify New Zealand)
- [Expert review](#) (MindTools.io)
- [Expert review](#) (PsyberGuide)

Woebot
Available on: [iOS](#) | [Android](#)
See 3.0 Depressive Disorders for full description.

Wysa: Anxiety, therapy chatbot
Available on: [iOS](#) | [Android](#)
See 3.0 Depressive Disorders for full description.

11.4 Sleep

Calm: Meditate, Sleep, Relax
Available on: iOS | Android
See 4.0 Anxiety Disorders for full description.

CBT-i Coach
US Department of Veterans Affairs (2024)
Free

Available on: iOS | Android

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

Supporting evidence:
- Research study (Dolezal et al., 2024)
- Research study (Kaitz et al., 2023)
- Research study (Reilly et al., 2021)
- Research study (Reilly et al., 2019)
- Research study (Koffel et al., 2018)
- Research study (Miller et al., 2017)
- Expert review (American Psychiatric Association)
- Expert review (Healthify New Zealand)
- Expert review (PsyberGuide)

Headspace: Mindful Meditation
Available on: iOS | Android
See 4.0 Anxiety Disorders for full description.

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Mental Health & Addiction
Mobile Apps Directory

Sleepio
Big Health Ltd (2024)
Free

Available on: iOS | Android

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

Supporting evidence:
- Evidence-based guidance (National Institute for Health and Care Excellence, 2022)
- Research study (Henry et al., 2023)
- Research study (Stokes et al., 2022)
- Research study (Henry et al., 2021)
- Research study (Stott et al., 2021)
- Research study (Espie et al., 2019)
- Research study (Freeman et al., 2017)
- Expert review (Healthify New Zealand)
- Expert review (PsyberGuide)

11.5 COVID-19-related Concerns

COVID Coach
US Department of Veterans Affairs (2024)
Free

Available on: iOS | Android

Supports self-care and overall mental health during the coronavirus (COVID-19) pandemic through education about coping during the pandemic, tools for self-care and to improve emotional well-being, and trackers to check mood and measure growth toward personal goals.

Supporting evidence:
- Research study (Kirykowicz et al., 2023)
- Research study (Comtois et al., 2022)
- Research study (Jaworski et al., 2021)
- Expert review (PsyberGuide)

12.0 General Information

12.1 Education Tools

mhGAP-IG 2.0 App (e-mhGAP)
Universal Projects and Tools S.L. (2020)
Free

Available on: [iOS](#) | [Android](#)

Official e-version of the World Health Organization's mhGAP Intervention Guide for mental, neurological, and substance use disorders in non-specialist health settings.

The Psychologist
The British Psychological Society (2023)
Free

Available on: [iOS](#)

Reports on the latest science of mind and behaviour, including features, news, interviews, reviews and more.

12.2 Medication Management

Dosecast – My Pill Reminder
Montuno Software, LLC (2024)
Free

Available on: iOS | Android

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

Supporting evidence:
- Research study (Backes et al., 2021)
- Research study (Wu et al., 2018)
- Research study (Santo et al., 2016)

Epocrates
Epocrates, Inc. (2024)
Free

Available on: iOS | Android

Provides a wide range of information and support for healthcare providers regarding drug prescribing practices.

Supporting evidence:
- Expert review (*Journal of Digital Imaging*)

Medisafe Pill Reminder
MediSafe Inc. (2024)
Free

Available on: iOS | Android

Helps users take their medicine on time. It also allows users to engage their families or caregivers to assist with their medication management.

Supporting evidence:
- Research study (Backes et al., 2021)
- Research study (Diaz-Skeete et al., 2021)
- Research study (Huang et al., 2019)
- Research study (Santo et al., 2016)
- Expert review (Healthify New Zealand)
- Expert review (*Journal of Nurse Practitioners*)

12.3 On-Demand Care

7 Cups: Online therapy & chat
Available on: iOS | Android
See 2.0 Schizophrenia Spectrum and Psychotic Disorders for full description.

Talkspace Therapy & Counseling
Talkspace (2024)
$$$$$

Available on: iOS | Android

Provides unlimited access to on-demand therapy and counselling from a licensed therapist.

Supporting evidence:
- Research study (Darnell et al., 2022)
- Research study (Hull et al., 2020)
- Research study (DellaCrosse et al., 2019)
- Expert review (MindTools.io)
- Expert review (PsyberGuide)

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