

Helpful Apps for Anxiety

Sometimes, anxiety hits while we're on-the-go. It can be hard to remember what we learn. Fortunately, with the advent of smartphones, we can have apps with us all the time! There are a lot of them out there. These are just some of the (totally free!) favorites.

- [Pacifica](#) provides daily tools for stress, anxiety, and depression.
- [Daylio](#) is a mood tracking app and a mini diary all in one. Through matching activities with moods, it can help you identify your triggers and the things that usually make you feel better.
- [What's Up: Mental Health](#) isn't as well known as some of the others, but it's great for those times when you need help RIGHT NOW. It's loaded with distractions, meditations, and helpful tricks on identifying problematic thought patterns. Available for both [android](#) and [Apple](#).
- [Calm Harm](#) is specifically designed to help you fight the urge to self-harm. Privacy and personalization settings help you learn to cope with the urges, as well as to track your progress over time.
- [Medisafe Pill Reminder & Medication Tracker](#) is free on [Android](#) and [Apple](#). This app allows you to track your medications, set alarms so you remember to take them, and will even track when it's time for a refill.
- [Stop, Breathe & Think](#) is chock full of quick meditations and ways to stay tuned in to your emotions.
- [Calm](#) provides guided meditations.
- [Insight Timer](#) provides guided meditations and a community.
- [Woebot](#) is a chatbot that helps monitor your mood and guides you through cognitive behavioral therapy.