Digital Mental Health Tools for Patients with Anxiety and Depression

Highest Rated Digital Therapy Sessions with a Live Therapist:

* **Overall:** [BetterHelp](http://betterhelp.com/verywell/?aff_sub2=4691206&aff_sub3=n55ce174ec49a449b82b9b762653824a614); [Talkspace](https://talkspace.pxf.io/c/2104074/1246124/14729?subid1=4691206&subid2=n55ce174ec49a449b82b9b762653824a614); DoctorsOnDemand
* **With Insurance:** [Cerebral](https://cerebral.sjv.io/c/2104074/884560/12128?subid1=4691206&subid2=n55ce174ec49a449b82b9b762653824a614); **Without:** [Wellnite](https://www.wellnite.com/verywell)
* **CBT Therapy:** [Online-Therapy](https://onlinetherapy.go2cloud.org/aff_c?offer_id=3&aff_id=1003&aff_sub2=4691206&aff_sub3=n55ce174ec49a449b82b9b762653824a614)
* **Psychiatry:** [Teladoc Health](https://www.teladochealth.com/); [MDLive](https://www.healthline.com/health/our-top-10-online-therapy-picks)
* **Couples:** [ReGain](https://regain.com/verywell-regain?aff_sub2=4691206&aff_sub3=n55ce174ec49a449b82b9b762653824a614)
* **Families:** [Rethink My Therapy](https://rethinkmytherapy.com/)
* **LGBTQIA+ Community:** [Pride Counseling](https://pridecounseling.com/verywell-pride?aff_sub2=4691206&aff_sub3=n55ce174ec49a449b82b9b762653824a614)
* **Addiction:** [Monument](https://monument.sjv.io/c/2104074/1159746/14392?subid1=4691206&subid2=n55ce174ec49a449b82b9b762653824a614)

Apps

1. [**Sanvello**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best Overall CBT App ($50/Month)*
2. [**MindDoc**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best General CBT App ($70/yr)*
3. [**Bloom**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best for Learning Coping Skills ($60/yr)*
4. [**Happify**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best CBT App for Fun ($140/yr)*
5. [**Evolve**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best for LGBTQIA+ ($30/yr)*
6. [**CBT-I Coach**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best CBT App for Insomnia* ***FREE***
7. [**MoodMission**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best Mood Lifter ($5.00 once)*
8. [**CBT Thought Diary**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best CBT Journal App*
9. [**CBT Tool for Healthy Living, Self-Help, Mood Diary**](https://www.choosingtherapy.com/best-cbt-apps/) – ***FREE***
10. [**MindShift CBT**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best CBT App for Anxiety* ***FREE***
11. [**MoodTools**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best CBT App for Depression ($30/yr)*
12. [**Stresscoach**](https://www.choosingtherapy.com/best-cbt-apps/)– *Best CBT App for Stress Relief ($70/yr)*
13. [**Woebot**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best CBT A.I. Chatbot* ***FREE***
14. [**Youper**](https://www.choosingtherapy.com/best-cbt-apps/) – *Best CBT Live Coaching App ($55/WEEK)*
15. [**What’s Up? A Mental Health App**](https://www.choosingtherapy.com/best-cbt-apps/) – *CBT* ***FREE***

Post traumatic Stress Disorder Apps:

* PTSD Coach - Get the info, support and tools you need to manage PTSD
* ACT (Acceptance and Commitment Therapy) Coach
* AIMS (Anger and Irritability Management Skills) - Track, address and manage anger better with AIMS

Smoking Cessation App:

* Stay Quit Coach - Create a tailored plan to help you quit and stay smoke-free

**Mood Apps for Depressive Symptoms:**

* [7 Cups](https://www.7cups.com/home/depression/) – Depression app for connectivity
* Moodpath –daily questions to screen for symptoms of depression. Moodpath aims to support and guide users out of the dark. After two weeks, the Moodpath provides users with an electronic document designed to aid in discussion with healthcare professionals.
* [Happify](https://www.happify.com/) - Based on positive psychology research, mindfulness, and cognitive behavioral therapy, Happify offers fun and interesting exercises, activities, and games that help train your mind and get you practicing patterns that generate positive feelings
* [Excel at Life Android Self-Help Apps](https://www.excelatlife.com/apps.htm) - Includes a variety of free and low cost apps for Android devices that adhere to evidence based principles for self-help for depression and other conditions

**Mindfulness for Mental Health Apps**

* [Insight Timer](https://insighttimer.com/) - The largest free library of guided meditations with more than 25000 titles. Courses can be purchased for an additional fee
* [Headspace](https://www.headspace.com/register-v1?utm_source=google&utm_medium=cpc&utm_campaign=1919439341&utm_content=68065219102&utm_term=379861035520&headspace&gclid=EAIaIQobChMIjtyPjO_B5QIVCYizCh2F6wVXEAAYASAAEgLVdvD_BwE) – Headspace is a great and simple app for both beginning meditators looking to learn as well as more advanced meditators who want to deepen their practice. It offers meditation series that address various topics, like anxiety, stress, sleep, and physical exercise
* [10% Happier Meditation](https://apps.apple.com/us/app/10-happier-meditation/id992210239) - This app, which claims to be “for fidgety skeptics,” was created by Dan Harris, a broadcast journalist and the author of the book, 10% Happier. The app aims to demystify meditation and offers simple hacks to help aspiring meditators follow through. There are how-to videos, guided sessions geared towards topics like anxiety and political stress, advice for how to maintain a regular meditation practice as well as how to apply the lessons learned in mindfulness throughout your day
* [Calm](https://www.calm.com/?url=https://www.calm.com/&utm_medium=paid&utm_source=google&utm_campaign=1603556317+61837906998+378906119400&utm_term=calm%20app&utm_content=EAIaIQobChMI8reXwe_B5QIVBqSzCh05cQ6cEAAYASAAEgLf3_D_BwE&gclid=EAIaIQobChMI8reXwe_B5QIVBqSzCh05cQ6cEAAYASAAEgLf3_D_BwE) - An Apple Best of 2018 award winner, Calm's offerings run the gamut from Master Classes (on things like creativity and holistic health) and guided videos on stretching, to sleep stories (think soothing bedtime stories for grownups) and meditation series that address specific areas in life, like anxiety, focus, self-esteem, and self-care

**Anxiety Apps**

* [Mind Shift](https://youth.anxietycanada.com/mobile-app) - Designed specifically for teens and young adults with anxiety
* [Breathe2Relax](https://apps.apple.com/us/app/breathe2relax/id425720246) - Breathe2Relax teaches diaphragmatic breathing or “belly breathing,” a technique that encourages full oxygen exchange and has been shown to lower the heart rate, lower blood pressure, and help relieve stress
* [ADAA (Anxiety and Depression Association of America) Reviewed Apps](https://adaa.org/finding-help/mobile-apps)

**CHAT Bots Apps**

* [Replika](https://replika.ai/) – Artificial Intelligence (AI) companion to help alleviate loneliness and isolation
* [Woebot](https://www.woebot.io/): Chat with your AI based assistant for cognitive behavioral therapy (free)