

## Child & Youth Mental Health Toolkits Electronic/Online Resources – Phone Apps

Topic	Name and App Link	Cost	Description	Pros of App	Cons of App	Suitable for
<b>Anxiety</b>	MindShift <a href="https://itunes.apple.com/ca/app/mindshift/id634684825?mt=8">https://itunes.apple.com/ca/app/mindshift/id634684825?mt=8</a>	Free	MindShift is a collaboration between Anxiety BC and BC Addictions Services. The MindShift app is designed to help teens and young adults cope with anxiety. The app will help youth learn how to relax and develop more helpful ways of thinking.	<ul style="list-style-type: none"> <li>• App includes strategies to deal with everyday anxiety and youth-friendly information about anxiety disorders</li> <li>• App provides inspirational quotes, relaxation/guided meditation modules and active steps to manage specific anxiety issues</li> <li>• App is easy to navigate, and “chill out tools” are very helpful</li> </ul>		Recommended for youth and adults. Under the “chill out” tab, the guided relaxation, guided meditation and guided visualization exercises are extremely useful for individuals to develop practical skills.
<b>Autism</b>	Autism Xpress <a href="https://itunes.apple.com/us/app/autismxpress/id343549779">https://itunes.apple.com/us/app/autismxpress/id343549779</a>	Free	Autism Xpress is designed to encourage children with autism to recognize and express their emotions.	<ul style="list-style-type: none"> <li>• Easy to use with both audio and visual components</li> <li>• Very simple layout and could be used with small children</li> <li>• App is free</li> </ul>	<ul style="list-style-type: none"> <li>• Some users report that the app sometimes freezes or crashes</li> </ul>	Recommended as a tool for young children to use with their parents
<b>Crisis Help Line</b>	Always There <a href="https://itunes.apple.com/us/app/always-there/id579718991?ls=1&amp;mt=8">https://itunes.apple.com/us/app/always-there/id579718991?ls=1&amp;mt=8</a>	Free	This multi-featured app is designed to connect children and youth to the Kids Help Phone and Live Chat and provide accurate information on C&Y health topics.	<ul style="list-style-type: none"> <li>• App is free, visually pleasing, easy to navigate and has many features</li> <li>• App has privacy settings where an extra passcode can be set to open the phone</li> <li>• App allows users to track their emotions daily, read inspirational quotes, view self-care tips, and read educational materials on relevant C&amp;Y health topics</li> <li>• App can also connect user directly with a Kids Help Phone counsellor over the phone, or, during certain hours, Live Chat</li> </ul>		Suitable for children and youth as a way to find information and have quick access to Kids Help Phone and Live Chat

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<b>Happiness/ Well-Being</b>	Gratitude365 <a href="https://itunes.apple.com/us/app/gratitude-journal-365-diary/id562212110">https://itunes.apple.com/us/app/gratitude-journal-365-diary/id562212110</a>	Free	This app provides a space to identify and record what you are grateful for on a daily basis	<ul style="list-style-type: none"> <li>• The app can be password protected</li> <li>• Each day there is space to enter (through text and picture) what you are grateful for</li> <li>• App is simple and has a clear layout that is easy to follow</li> <li>• Personalized gratitude calendar with entries can be shared with friends via Facebook, e-mail, Instagram, Twitter and Yahoo</li> </ul>	<ul style="list-style-type: none"> <li>• App provides the space to practice gratitude but might not create the desire to express gratitude</li> <li>• App is free for the first seven days, after which you are prompted to pay for the upgrade</li> </ul>	Recommended for older children, youth and young adults. App may be useful for certain clients who want to develop the skill of being grateful in a systematic and structured manner.
<b>Happiness/ Well-Being</b>	Live Happy <a href="https://itunes.apple.com/ca/app/livehappy/id317887266">https://itunes.apple.com/ca/app/livehappy/id317887266</a>	\$0.99	This app guides the user through a set of daily activities based on a positive psychology approach. App is designed to help cultivate optimism and shake away negative thoughts	<ul style="list-style-type: none"> <li>• App is clearly laid out and contains many features/activities to increase overall happiness</li> <li>• App has activities to develop the skill of expressing gratitude (keep a gratitude journal to express the things the user is thankful for with the option of sending notes of gratitude to contacts)</li> <li>• App has activities to develop optimism for life (keeping a journal about one's best possible self)</li> <li>• Space to note future goals</li> <li>• App has activities that help the user to remember and note acts of kindness that occur</li> <li>• App has features that help the user to remember positive life events</li> </ul>	<ul style="list-style-type: none"> <li>• App is not free</li> <li>• Occasionally app "crashes", and information being worked on is lost; this can become quite frustrating</li> </ul>	Recommended for older children, youth and adults. Despite its technological issues, the app is still quite resourceful and easy to navigate.

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<b>Mindfulness/ Meditation</b>	The Mindfulness App <a href="https://itunes.apple.com/ca/app/themindfulnessapp/id417071430?mt=8">https://itunes.apple.com/ca/app/themindfulnessapp/id417071430?mt=8</a>	\$1.99	The Mindfulness App is a tool for increasing awareness in life. It helps with a most difficult aspect of mindfulness practice, namely to remember to be mindful.	<ul style="list-style-type: none"> <li>• App has great guided meditation exercises as well as silent meditation for those who are more experienced meditators</li> <li>• The app allows for personalized reminders to be set up to help users to remember to meditate</li> <li>• Meditations are adaptable to the user's situation (with 3-minute, 5-minute, 15-minute and 30-minute meditation)</li> <li>• App provides guided body scan and centring exercises</li> <li>• Features are laid out clearly and are easily accessible</li> </ul>	<ul style="list-style-type: none"> <li>• App might be costly</li> </ul>	Recommended for youth and adults. Also consider suggesting MindShift as the guided meditations are excellent and free.
<b>Mindfulness/ Meditation</b>	Tactical Breather <a href="https://itunes.apple.com/ca/app/tactical-breather/id445893881?mt=8">https://itunes.apple.com/ca/app/tactical-breather/id445893881?mt=8</a>	Free	Tactical Breathing is a 4-count method of breathing designed to help create a relaxation response	<ul style="list-style-type: none"> <li>• App is very simple and easy to use</li> <li>• "Tutorial" button helps to explain how the breathing exercise should be carried out</li> <li>• "Breathe" tab leads to looped guided tactical breathing exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Voice used to guide the breathing exercise is very monotonous</li> </ul>	Recommended for all ages to assist in teaching breathing as a relaxation strategy
<b>Mindfulness/ Meditation</b>	Calm- Meditation and Relaxation <a href="https://itunes.apple.com/ca/app/calm-meditation-relaxation/id571800810?mt=8">https://itunes.apple.com/ca/app/calm-meditation-relaxation/id571800810?mt=8</a>	Free	This app can help reduce stress, increase calm and improve mood through guided mediation designed to help quiet the mind	<ul style="list-style-type: none"> <li>• App includes 7 guided relaxation sessions from 2 minutes to 30 minutes long</li> <li>• App is user friendly, easy to use and free</li> </ul>		Recommended for older children, youth and adults

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<b>Mood Trackers</b>	My Mood Tracker Lite <a href="https://itunes.apple.com/ca/app/id387314925?mt=8">https://itunes.apple.com/ca/app/id387314925?mt=8</a>	Free	This app helps track moods and emotions and everything that can affect how one feels. The fun and easy-to-manoeuvre design will help users understand what causes emotions to change.	<ul style="list-style-type: none"> <li>• Privacy – a password can be set up for access to the app</li> <li>• Track mood and emotional state throughout the day (track items that can affect mood such as sleep, exercise, medication, menstrual cycles, stress, pain, energy and stimulants)</li> <li>• Data can be synced to iCloud and ported to external sources</li> <li>• Creates hourly, daily, weekly, monthly and yearly charts to determine the correlation between mood and external factors that affect mood</li> </ul>	<ul style="list-style-type: none"> <li>• No explanation provided on how to use the app's features</li> <li>• No explanation provided on why these external factors being tracked are affecting mood</li> </ul>	Recommended for older youth and young adults. App can be used to help clients think of ways to change negative mood.
<b>Mood Trackers</b>	Moody Me <a href="https://itunes.apple.com/ca/app/moody-me-mood-diary-tracker/id411567371">https://itunes.apple.com/ca/app/moody-me-mood-diary-tracker/id411567371</a>	Free	This mood diary app allows the user to log and track their moods, note what affects their mood and record events, symptoms and any treatments they are receiving, including medication	<ul style="list-style-type: none"> <li>• Data can be backed up, viewed online and shared across devices</li> <li>• Allows user to take photos associated with their mood and create a photo album that can be played back</li> <li>• Information can be presented on easy-to-create and easy-to-read graphs to see how mood changes over time</li> <li>• Privacy – password for the specific application can be created</li> </ul>	<ul style="list-style-type: none"> <li>• Data can be shared across devices but cannot be e-mailed</li> </ul>	Recommended for children and youth. App is very user friendly and might help youth identify emotions to discuss with their mental health professional. Also, the graphics are simple and great for younger children.