

to improve mental wellness

MOBILE APPS



MINDSHIFT

Developed by Anxiety Canada, an anxiety awareness non-profit organization. MindShift uses cognitive behavioural therapy techniques to teach relaxation skills, help develop new ways of thinking, and suggest healthy activities.

SMILING MIND

A daily mindfulness and meditation app that is 100% evidence based and provides guided meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators that includes a range of meditation and mindfulness exercises for children, teenagers, and adults.



BELLY BIO

BellyBio is a biofeedback app that monitors and provides feedback on your breathing patterns when you rest your device on your belly. It plays music, sounds reminiscent of ocean waves, and more while you relax — and it's great for anxiety and stress.

WHAT'S UP

What's Up? utilises CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! It also lets you track habits and sync data between multiple devices.



HEADSPACE

Headspace is an app that teaches meditation skills and is available on mobile, tablet and computer. It includes hundreds of meditations for mindfulness, focus, sleep and more. Meditations are available in different lengths and can be downloaded to devices.

MOOD TRACKER

Mood Meter is an app designed to develop emotional intelligence skills. Mood Meter supports individuals to identify their emotions throughout the day. You will be supported to learn to identify triggers for your emotions, patterns, and learn effective regulation strategies.

