

# Mental Health Self-Help Resources

## Anxiety and Depression

<b>Apps</b>		
Mindshift	Developed by AnxietyBC. Provides tools for helping to cope with anxiety	Free
Moodkit	Functioning like a daily thought record, Moodkit employs a CBT-approach to help improve mood via use of various interactive tools	\$6.99 (Apple only)
Moodnotes	A thought journal/diary to keep track of your mood	\$6.99 (Apple only)
Pacifica	Psychologist designed tools for management of stress/anxiety/depression using CBT, mindfulness, meditation, and relaxation	Free+
Youper	Chat with an AI assistant, who encourages thinking about thought patterns and walks you through techniques in the moment.	Free+
What's Up	Drawing from CBT and acceptance commitment therapy, it teaches coping mechanisms for dealing with anxiety/depression	Free+
Happify	Evidence-based games and activities borrow from positive psychology, CBT, and mindfulness. Aims to improve mood and build resilience	Free+
MoodPath	Offers mental health assessment and asks in-the-moment questions over a series of 14 days to weigh your emotional well-being	Free+
Talklife	A safe space to talk openly about depression. Offers connection and community support similar to group therapy	Free+
<b>Websites</b>		
Anxiety BC	Website with extensive self-help resources and information about anxiety for children, youth, and adults	Free
Beating the Blues	Online CBT course of eight 50-minute modules for anxiety and depression	\$84
E-Couch	Interactive self-help modules for depression, anxiety, loss, and grief	Free
MoodGym	Online self-help program targeting symptoms of depression/anxiety by working through interactive modules	\$36
Big White Wall	Anonymous support network with self guided courses for mood disorders	Free
<b>Workbooks</b>		
Mind Over Mood	CBT-Based workbook targeting depression	\$25
The Anxiety and Worry Workbook	CBT-Based workbook targeting anxiety	\$32
The Mindful Way Workbook	Mindfulness based CBT 8-week program for depression, anxiety and stress	\$32

## Mindfulness, Meditation, and Sleep

<b>Apps</b>		
Calm	Meditation, breathing programs, and others for relaxation and sleep	Free+
CBT-I	Guided strategies to improve sleep using CBT	Free
Headspace	Mindfulness and meditation resource aimed at youth	Free+
Insight Timer	Guided meditations, meditation timer, and group discussions	Free+
Relax Melodies	Guided meditations, sleep sounds, and white noise	Free+
Smiling Mind	Mindfulness meditations. Offers programs for kids and teens	Free

**Cognitive Behavioural Therapy (CBT)** is an evidence-based counselling approach that examines the connection between our thoughts, feelings, and behaviours, with the goal of developing strategies to foster a more balanced way of thinking and acting

**Free+** Indicates in-app purchases.

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