

STUDENT COUNSELLING SERVICES RECOMMENDED APPS



Your
Wellness
Matters

All of these apps are free.

Students are encouraged to use anonymous names and email addresses on these apps when asked. Also students can shut off Google Analytics if they prefer.

MOODTOOLS APP



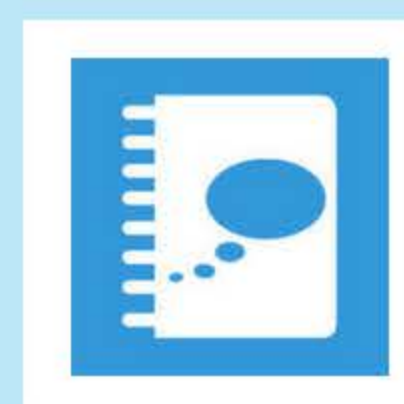
MoodTools offers a comprehensive CBT based app for assisting people with depression. It contains information, therapy options, videos, guided meditations and other on-line resources. The app has a Thought Diary, Activity Log and Safety Plan built in but these are also listed below as stand alone apps.

SUICIDE SAFETY PLAN APP



This is the same as the Safety Plan within the Moodtools App. The Safety plan focuses on personal strengths and resources. There is no cost and wifi is not needed. This stores all the relevant information conveniently on the students phone.

THOUGHT DIARY APP



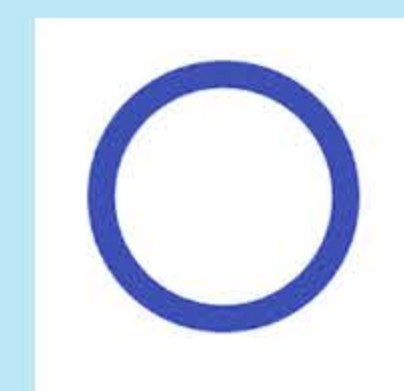
The Thought Diary is a CBT based app that allows you to document your negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. It may even help you recognize ways to deal with your negative behaviors and emotions.

ACTIVITIES APP



A personalized random activity generator that aims to improve your mental health by helping you take action. It has two functions: one, to guide you in selecting and following through with your rewarding activity, and two, to track your mood before and after your selected activity.

BREATHE EASY APP



Breathe Easy is the simplest way to meditate and relax. Just breathe in and out as the circle continuously grows and shrinks at a regular rate.

BESAFE APP



This is a Safety Plan App created by CAMH (London) with a few partners. It is basic, easy to use and suggests local community resources if further help is desired.

MINDSHIFT APP



Mindshift is designed to be a portable coach. Specifically for anxiety giving constructive coping strategies on what to do in a variety of different situations - also gives inspirational quotes. A simple CBT/psycho-ed app created by BC Mental Health and Addictions Services.

SIMPLE GRATITUDE JOURNAL



Research has demonstrated that practicing gratitude can make you happier, healthier, and more resilient. This app is designed to be the easiest, simplest way to maintain a gratitude journal. Write a few things you're grateful for each day and then whenever you need a reminder you can reflect on your blessings.