

Mental Health Resources: Self-Help

Anxiety & Depression

Apps		
MindShift	This app was developed by AnxietyBC and is full of tools and strategies for helping youth 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
Moodnotes	Thought journal and mood diary	\$5.49
Pacifica	Various psychologist-designed tools for management of stress, anxiety and depression based on CBT, mindfulness meditation, relaxation and mood/health tracking	Free+
Websites		
AnxietyBC	Website with extensive self-help resources and information about anxiety for children, youth and adults	Free
Beating the Blues	Online CBT-based course, consisting of eight 50-minute modules. Targets anxiety and depression	\$160
E-Couch	Interactive, self-help modules for depression, generalized anxiety, social anxiety, relationships, loss and grief	Free
MoodGym	Online self-help program targeting symptoms of depression and anxiety by working through interactive modules and quizzes	\$38/year
Big White Wall	By the Ontario Telemedicine Network and Ministry of Health and Long Term Care. Anonymous peer support and self-guided courses	Free
Workbooks		
Mind Over Mood	CBT-based workbook, targeting depression	\$22
The Anxiety and Worry Workbook	CBT-based workbook, targeting anxiety	\$25
The Mindful Way Workbook	Mindfulness-based CBT 8-week program for depression, anxiety and stress	\$30

Mindfulness, Meditation, & Sleep

Apps		
Calm	Meditations, breathing programs, music and nature sounds for relaxation and improvement of sleep	Free+
CBT-i Coach	Guided strategies to improve sleep	Free
Headspace	Mindfulness and meditation. Offers meditation for kids	Free+
Insight Timer	Guided meditations, meditation timer, group discussions	Free streaming, \$3.75/mo offline use
Relax Melodies	Guided meditations, sleep sounds, white noise	Free+
Smiling Mind	Mindfulness meditations. Offers programs for kids and teens	Free

Cognitive Behavioural Therapy (CBT) is an evidence-based counseling 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