

FREE APPS



1



Super Better

- Goal setting and tracking
- different quests to complete goals
- Quests (goal), power ups (activities), bad guy (bad habit)

2



Woebot

- Gears to teens/young adults experience
- Texting to app, app to receive response/assistance

3



Smiling Mind

- Guided trainings on mindfulness meditation
- Several sessions from 1-10 minutes

4



1.CBT-I Coach

- Help with insomnia
- Developed by US Dept of Veteran Affairs
- Tools are provided to help sleep

APPS WITH SOME FREE CONTENT (\$)



1



HeadSpace

- a. family friendly resource (age group specific content)
- b. Meditation/mindfulness focused
- c. the have resources available on Netflix

2



Happify: for Stress and worry

- a. suggestions of different tracks with interactive games
- b. Incorporates behavioral tracks as well as mindfulness ones

3



Calm

- a. Focus on meditation/music guided meditation
- b. For beginners to mindfulness of all ages

4



MoodMission

- a. Help with stress, anxiety, depression
- b. Different "missions" to assist with these three focus areas

5



myStrength

- a. Five sections: home, me, progress, activities and community
- b. Some tracks of drug or alcohol recovery

6



eQuoo

- a. individual creates world and goes on adventure that allow individual to begin to build emotional intelligence
- b. app focuses on gaining emotional intelligence

APPS WITH SOME FREE CONTENT (\$)



7



My life meditation

- a. Works with teaching mindfulness
- b. Helps with anxiety and stress

8



Sanvello

- a. They have something called self-care toolkit
- b. Participant takes a series of assessment as they are moving through activities

9



7Cups

- a. join either one on one conversations and join group chats with different support types: addition, anxiety
- b. support group environment
- c. LGBTQ+, BIPOC accessible
- d. Q&A section where you can see problems and advice

10



IntelliCare

- a. This is a resource hub
- b. price of app unclear, but certain resources in the hub do require purchase

11



Wysa

- a. Specifically mention LGBTQ+ support
- b. Adults and adolescents
- c. Self-care activities + chat
- d. Can connect with therapist

12



Daylio

- a. a mood and activity tracker

FREE WEB- BASED RESOURCES



1



Dartmouth PATH

- a. Designed to help resolve conflicts, manage stress, and improve mood
- d. Focuses on 4 areas: Mood, Conflict, Stress, Self-guided assessment

2



This Way Up

- a. has different online courses you can sign up for depending on need/interest

3



Erika's Lighthouse

- a. Focused on teens (empowerment/mental wellness)
- b. Focused on depression
- c. Teen Toolkit has modules teens can read through to learn about depression

4



Mental Health America of Greater Houston

- a. Resource hub
- b. Has resources in Spanish
- c. offers mental health screening

5



Family Houston

- a. Has mental health resources/tips on their website
- b. No interactive but the different resources are helpful

WEB- BASED RESOURCES WITH SOME FREE CONTENT



1



Happify: for Stress and worry

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2



Be Mindful

- a. Some free content, to unlock of their material you pay a one-time fee of \$50 (for life access)
- b. 10 modules on mindfulness
- c. Aids with Depression, stress and anxiety

HOUSTON RESOURCES



1

NAMI : Greater Houston

- a.(713) 970-4483
- b.Support groups
- c.Educational classes
- d.Mental health/wellness
- e.Virtual and in person programming
- f.Different types of classes (includes programming for families)

2

The Krist Samaritan Counseling Center

- a.(281) 480-7554
- b.They have something called self-care toolkit
- C. Participant takes a series of assessment as they are moving through activities

3

Spring Branch Community Health Center

- a.(713) 462-6565
- b.Sliding scale
- c.Focus: Anxiety, Attention Deficit Disorder, Bipolar Disorder, Grief Counseling, Counseling for Children, Couples and Families, Counseling for Sexual Assault, Counseling for Domestic Violence
- d.Bilingual

4

Catholic Charities Counseling Services

- a.(713) 791-2496
- b.Websites has videos of mental health tips and helpful links
- c.Full range of services, family, individual, couples, kids

5

Mental Health America of Greater Houston

- a.This is a resource hub
- b.Easy to navigate to find the very specific resources you are asking for

HOUSTON RESOURCES



6

Center for success and independence

a. (713)426-4545

b. adolescent residential and intensive outpatient treatment center providing evidence-based therapy for teens with substance abuse and mental health issues

7

Family Houston

a. mental health resources/tips which include some videos

b. Has resources in Spanish

8

Fuller Life: Family Therapy Institute

a. Has resources on their site to read

b. Therapy is something that is also offered

i. Sliding scale

ii. Student therapist or resident therapist

iii. Individual, couples, family, teens, group therapy, kids

9

The Montrose Center

a. Focus is LGBTQIA+ folks

b. Individual, family, group

c. Pricing is on a sliding scale starting at about \$15-30

d. Youth resources as well

10

RE:MIND depression and bipolar support

a. This is more for support groups

b. There are ongoing groups but also opportunities to join new ones

c. Has Spanish speaking groups as well

WEB-BASED RESOURCES WITH SOME FREE CONTENT



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