

# THERAPY APPLICATIONS

Help yourself outside of therapy by downloading one or more of these free Google Play applications

Thank you to Shania Christopherson, CSM Intern, for compiling this list of applications



Cognitive Behavioral  
Therapy: Depression &  
Anxiety  
NKDigital

This app helps you manage Anxiety, Social Anxiety, Depression, Separation, and Loss.



Calm - Meditate, Sleep,  
Relax  
Calm.com, Inc.

This app gives you challenges to handle different problems. For example, it offers 7 days of managing your stress or 7 days of self-esteem. It also has sleep stories that help you sleep, breathing exercises, soothing sounds, and even classes taught by world-renowned experts of meditation.



DBT Companion  
Swasth Inc.  
Health & Fitness

This app helps you manage throughout the day what emotions you experienced the most, it offers videos and tips on how to manage these feelings, and you can take your own notes or journal throughout the day.



Deep Meditation: Relaxation & Sleep Meditation App  
Deep Relax & Meditation

This app sends you daily reminds to spend an amount of time meditating to reduce anxiety and stress. There is also a wide variety of music to listen to while meditating or even sounds that can help you decrease any sleep problems you may have. It's also an offline app so no internet or data need after you download it.



Wysa: stress, depression & anxiety therapy chatbot  
AI FRIEND  
Touchkin

This app is an artificial intelligence chatbot. You can talk to it to relieve stress, it can give you tips to lessen your anxiety, helps you identify areas you need to work on, and helps you practice healthy habits.



Daybook - Diary, Journal, Note  
Bighead Techies

This app allows you to write down your feelings all day every day. You can date and time your entries too.



Letting Go of Heartache  
I AM APPS  
Lifestyle

This app helps you cope with heartache from relationships, grief, and loss.



Mood Tracker - Bipolar  
Mood Journal, Mood Diary  
Appsecure

This app allows you to log your feelings every day. You can go back into your app and look at the past emotions you logged from that day, month, and even year. You can even set mood reminders.



Self Help for Trauma  
HL Web  
Medical

This app teaches you some different ways and methods you can manage any type of trauma.



Meditation Game  
Being  
Casual

This app guides you in a relaxing game and it has you do different breathing exercises and motions.



**Art Therapy**  
ENKSoft  
Entertainment

This app lets your mind wander and calms anxiety and nerves by having you color differently Mangia designed pages.



**Brain Yoga Brain Training Game**  
MegaFauna Software

This app has a series of games that will help you work out your mind in many different ways.



**Art Therapy Toons**  
ENKSoft  
Entertainment

This app also lets your mind wander and calms anxiety and nerves, but it has you color in cute and funny creatures.



**Stress relief ducky: antidepressant & anti anxiety**  
Jolly Free Games

This app is a simple concentration and tapping game, but it allows your mind to focus and forget stress or anxiety, and even depression.



**Autism Language and Cognitive Therapy with MITA**  
ImagiRation LLC

This game exercises cognitive brain functions by having you do puzzles, match objects by size, color, shape, and much more.



**Puzzledom - classic puzzles all in one**  
MetaJoy  
Everyone  
4.7★ (243,621) • 10 million ±

This app also has a variety of brain games that will help you focus and unwind.



**Antistress - relaxation toys**  
JindoBlu

This app has an assortment of satisfying and calming effects. You can spin a fidget spinner, bounce blocks, cut perfect shapes, balance meditation rocks on top of each other, etc.



**Fruits Memory Game for kids**  
Nerd's Corner

This app is a fun memory and decision-making game for children. They can pick any level between easy and very hard.



**Smash Master: Stress Relief Sounds, Tap Tiles Game**  
Talgame ent.

This app lets you smash various objects like, balloons, light bulbs, bricks, wood, etc.



**Easy Car Wash for Kids**  
Minibuu  
Action & Adventure

This app is a fun and interactive game for children, where they can choose a car and get it dirty and wash it. This game provides a child with choices and fun.