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| App Name  | Mental Health Focus | Age of User  | Description  | Cost, Upgrade Info |
| Stop Breathe & Think  | Stress & Anxiety | Youths & Adults.  | This app allows individuals to check in with their feelings and then recommend short meditation and mindfulness-based activities related to those emotions. | Free to download and upgrade with access to over 20 free activities. allows individuals to unlock premium episodes for cost. |
| Breathe2Relax  | Anxiety disorders, Stress, PTSD  | Youth & Adults  | This app helps individuals manage stress through various breathing techniques; can be personalized to individuals pace and learning.  | Free to subscribe and upgrade. |
| MindShift  | Anxiety & coping with stress | Youths & Adults  | Assists individuals with anxiety; provides a toolkit of coping strategies, a log for tracking worries, and Anxiety 101 information. | Free to subscribe and upgrade.  |
| Pacifica | Anxiety, Depression & Stress | Youth & Adults  | Based on cognitive behavioral therapy and mindfulness meditation; provides tools for managing stress, anxiety & depression. | Free to download and use. For unlimited access 1 month: $3.99 to $8.99 Year: $53.99 |
| Self-Help for Anxiety Management:SAM | Anxiety  | Youths & Adults | This App aids in self-monitoring of anxiety, providing guidance on putting self-help into practice with various activities including a tracker, a mood check-in and other useful tools. | Free usage and subscription. |
| What’s Up Mental Health | Anxiety, Depression, Anger, Stress  | Youth & Adults  | App uses some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help individuals cope with Depression, Anxiety, Anger, and Stress. | Free to download and use. In-app products can cost anywhere between $1.19 - $4.79 per item.  |
| Calm | Depression & Anxiety  | All age groups | App for Mindfulness and meditation. Includes hundreds of programs for immediate and advanced meditations.  | Free to use. Premium in-app products may cost $1.19 and upwards.  |
| Headspace  | Stress, Anxiety  | All age groups  | Provides guidance towards overcoming anxiety, stress using mindful meditation. An app that teaches individuals how to meditate! | Free to download and use. In app products can be purchased from $8.49 and above.  |
| Insight Timer | Anxiety and Stress  | All age groups | Provides multiple guided mediation with 8,546 free guided meditations, music tracks, talks and courses. | Free to use; can upgrade to a premium for a cost.  |