

Resilience Resources: Apps¹

- **Sanvello**

Available for Apple and Android, with additional resources [online](#); free, with the option to upgrade via subscription or insurance

A personal favorite of Resilience Working Group member Kate K.! “Sanvello is an evidence-based mobile care solution created by clinical experts that allows you to access on-demand help for stress, anxiety, and depression. Sanvello uses clinically validated techniques such as cognitive behavioral therapy (CBT) that are designed to work together to help you learn how to feel happier.”
- **Breethe**

Available for Apple; free, with the option to upgrade via subscription

“Rather than making meditation and wellness more items on your to-do list, Breethe makes it easily fit into your everyday life. We have the world’s best meditations, music, hypnotherapy, nature sounds, masterclasses, and more.”
- **PTSD Coach**

Available for Apple and Android, with additional resources [online](#); free

“PTSD Coach was created by VA’s National Center for PTSD and DoD’s National Center for Telehealth & Technology. The program was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. You can customize tools based on your preferences and can integrate your own contacts, photos, and music.”
- **MoodMission**

Available for Apple and Android; \$4.99 or \$7.99 subscription

“Tell MoodMission how you’re feeling and it will give you a tailored list of 5 Missions that can help you feel better and improve your wellbeing. MoodMission is based in cognitive behavioural therapy (CBT), which is an evidence-based psychological therapy for anxiety and depression. Anyone can use MoodMission, whether you just want a lift in your day or need a bit more help recovering from anxiety or depression.”

¹ Please be aware that each app has different policies regarding the storage and use of your personal data.

- **Headspace**

Available for Apple and Android; \$12.99/month or \$69.99/year

“Headspace was started with one mission: to improve the health and happiness of the world. Through science-backed meditation and mindfulness tools, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you. Headspace is proven to reduce stress by 14% in just 10 days. It can also help you relax your mind in minutes, improve focus, and get the best sleep ever.”

- **Calm**

Available for Apple, Android, and [desktop](#); free to download with some free content

“Calm is a meditation, sleep and relaxation app, available in both the App Store and Google Play store. Calm creates unique audio content that strengthens mental fitness and tackles some of the biggest mental health challenges of today: stress, anxiety, insomnia, and depression.”