

## *Through the lens of OUR Youth -Supporting Clients & Their Families at CMHLG*

CMHLG's Youth Engagement Group strives to provide crucial insight to CMHLG clinicians into the lives and experiences of youth clients receiving care at the centre. With this app collective, Youth Engagement members have tested and approved a list of mental health help iPhone and Android accessible applications that cater to the needs of various age groups. Clinicians will benefit from the ability to recommend reliable apps to youth through having this youth-catered approach and a consistent resource to fall back on.



### **Breathe, Think and Do with Sesame APP**

- IOS and Android
- Age Range: 4+
- In Breathe, Think, and Do with Sesame, a blue monster tackles everyday problems a child would encounter, such as struggling to tie their shoes, dealing with separation anxiety, taking turns, and bedtime. Kids will help this monster overcome these problems one after another. An animated and narrated video clip shows the monster's issue, and then kids tap his belly to help him breathe deeply to calm down. Once he has calmed down, kids tap on thought bubbles that will produce different solutions to the problem. After a solution is selected, the monster attempts the chosen strategy in another animated clip. The app repeatedly reinforces the technique of breathing, thinking, then doing.



### **Sanvello: Anxiety & Depression**

IOS and Android

Age Range: 13+

On-demand helps with Anxiety & Depression (Therapy, Coaching, Self- Care). Track your mood each day, get suggested activities based on your difficulties, and find strength in communities with the same difficulties as you. Sanvello has many different tools that are easy to use, including guided journeys, health tracking, meditation, and a place to track your hopes, thoughts, and goals. There are many tool collections for various stresses to help you learn to overcome your difficulties.



## **MindShift CBT - Anxiety Relief**

IOS and Android

Age Range: 12+

MindShift provides mental health tools based on cognitive behavioural therapy. It helps tackle worry, panic, perfectionism, social anxiety, and phobias. They describe what a phobia is and show signs you may have one. There are a variety of activities to help you with your phobias, but the app mainly focuses on anxiety. When you log on to the MindShift app, you may complete a mental health check-in.



## **Insight Timer**

IOS and Android

Age Range: 13+, 18+ for Live Events

The YouTube of meditation! With thousands of guided meditation videos the app provides, Insight Timer has helped thousands of people create peace of mind, improve their sleep quality, and manage stress and anxiety. This app provides a variety of meditation guides, such as nature sounds and bell noises, mediation for children, music, and much more. It remembers which ones you've liked and will recommend other options based on your previous guides.



## **Journey: Diary, Journal**

IOS and Android

Age Range: 12+

Find ways to create a healthier, happier mind. A sanctuary for your mind and soul, Journey will help increase your positive energy, be more grateful and have a calmer mind by building healthy thinking through journaling. Motivational coach and happiness trainer by your side. The user can write reflections about their day, add photos and locations and see them laid out on a calendar.



## **Rootd - Anxiety & Panic Relief**

IOS and Android

Age Range: 4+

Stop, understand, and overcome anxiety & panic attacks with Rootd's therapist-approved panic button, guided deep breathing, anxiety journal, soothing visualizations, stats page, emergency contact, and lessons.



## **Three Good Things - A Happiness Journal**

- IOS
- Age Range: 12+
- An app that prompts users to write down three positive sentences each day using notifications and messages. Three Good Things helps to train your brain to focus on the positives. The goal is to build a habit of thinking positively to improve your mental health.



## **Reflectio: AI Mood Tracker**

IOS and Android

Age Range: 4+

Reflectio is a mood tracker that provides self-care support. You can set reminders for check-ins with various check-in options (video, recordings, texts, etc.). An AI is used to process and help you with your mental health. Unfortunately, most in-app activities require the Premium version.



## **Clear Fear**

IOS and Android

Age Range: 11+

Clear Fear provides a variety of ways to manage anxiety symptoms and build resilience. This app helps you build a safety net for when you're in crisis. Clear Fear includes a customizable list of people to contact, a list of tools you can use to help yourself, and accessibility to the Kids Help Phone number. The user can add a password to the app to provide more privacy.



## **COVE: Music for Mental Health (IOS only)**

IOS

Age Range: 4+

Cove is a musical journal app designed to help improve mental well-being and your ability to cope with both positive and negative life experiences by creating music to correspond with your mood. The app is easily learnable and provides 27 emotes to go with the song and the emotion you are feeling. When you produce a song in the app, you can add a title, location and thumbnail. You can also include any feelings and thoughts you have about the music. The music tends to have a calming effect which can help with grounding and calming down.



## **Smiling Mind**

IOS and Android

Age Range: 4+

Smiling Mind provides over 300 FREE meditations for all age groups to practice mindfulness. Learn how to be present, open, and curious without judgement. This app contains many different categories to customize your experience. Smiling Mind

recommends 10 minutes of daily use for mental wellness. It was the #1 Apple Health & Wellbeing App in Australia in 2018 and prides itself in its evidence-based programming.



## **Finch**

IOS and Android

Age Range: 4+

Finch is an app specialized in self-care. Select your pet penguin's pronouns, dress them up, and send them on an adventure at the start of your day. Each time you complete a task for your self-care, your pet will come back a bit earlier from their journey to share what they have found. Talking to your pet will help create their personality. This app is helpful for motivation and self-care routines. For more privacy, the user can implement a password or fingerprint option.



## **TogetherAI: Wellbeing for kids**

IOS and Android

Age Range: 4+

TogetherAI is an app aimed at helping caregivers communicate with their children. Accounts are available for children and their caregivers. The child can create their own AI companion that will chat, listen, play, and check in with how they're feeling. Caregivers will receive insight into their child's mental health and wellbeing while providing privacy.



## **I am Sober**

- IOS and Android
- Age Range: Rated 17+ on the app store, but can be useful for users aged 13+ struggling with similar issues

- At first glance, *I am Sober* is a free tracking app, but upon closer inspection, it's much more. It allows the app user to track sober days while helping them build new habits, providing motivation, and help to form a network of support. Within that network, you can learn from others in the sober community and share techniques or tactics that have worked for you. Every day, *I am Sober* provides a pledge that reminds users that sobriety is a daily struggle. You can also review your progress and log notes every evening.



Thought  
Diary

### CBT thought diary

- IOS and Android
- Age Range: 14+
- CBT Thought Diary is a journal that helps you analyze your thoughts and emotions. With an infinite amount of check-ins to record your current mood and worries, CBT Thought Diary allows you to come up with your solutions in a well-laid-out manner. However, there is a paywall for a premium version with more options.



DAY ONE  
JOURNAL

### Day one journal

- IOS and Android
- Age Range: 14+
- Day One Journal is a digital journal to help you keep track of your day-to-day life using notes and photos. It has a built map to pinpoint memorable places you have visited and a calendar system to help keep track of future events or to reflect on past ones. Users can use multiple journals to organize topics such as work, school, and personal life. We recommend this app for those who prefer a creative and organized format.



### Memento

- IOS
- Age Range: 12+
- This app is generally geared towards youth since it is designed like a social media platform. You can add pictures, locations, people, and tags to your updates or entries. You can set reminders for logged appointments or reminders to use their journal.



## **Oak - Meditation & Breathing**

IOS

Age Range: 4+

Oak is a meditation app that focuses on mindfulness, sleep, breathing, and meditation. Each section has a few options for the user to choose from, with meditations ranging from minutes to hours. A statistics section keeps track of each exercise and meditation the user uses and other global users.

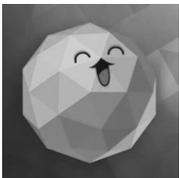


## **Clue**

IOS and Android

Age Range: 12+

Clue is a free menstrual cycle tracking application that is available in 15 different languages. This app provides a gender-neutral approach to period tracking through its awareness of the diversity of people that menstruate. Clue allows the user to log menstrual symptoms through various health categories, including but not limited to sex, sleep, cramping and emotions. Clue's Premium version only provides additional statistics and does not keep crucial sections of the app behind a paywall.



## **Mindful Powers**

IOS

Age Range: 4+

Mindful Powers is an app that educates young children about practicing mindfulness. The child calms both the Flibbertigibbet and themselves through a repetitive sensory-based trigger. This will then lead them into a guided story to help them through their emotions. A timer helps children stay focused, manages their time, and encourages them to complete their tasks. When a goal is completed, the child can earn rewards (clothing, accessories, etc.) for their Flibbertigibbet.



### **Petit BamBou**

IOS and Android

Age Range: 4+

Petit BamBou is an app that provides guided meditation sessions from 3 to 20 minutes long. The app has many different programs for users of all ages. Petit BamBou has a few free programs, with more options on their paid version. The app is accessible in a variety of languages.



I am

### **I am - Daily Affirmations**

IOS

Age Range: 4+

I am - Daily Affirmations provides daily positive affirmations as notifications. This app has a customizable app background and icon. You can personalize the daily notification scheduling and category of affirmations. Younger children may need help with reading the daily affirmations.