# Here4MentalHealth

Resource Guide for Mental Health Management Apps

<table>
<thead>
<tr>
<th>Name</th>
<th>Availability</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Symptom Trackers</strong></td>
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| Optimism              | Available in a variety of applications: download for Mac & Windows, app for iOS, or via web browser | • Optimism is a self-tracking tool for coping with mental illnesses including depression, bipolar disorder, anxiety, and PTSD.  
• Helps users detect patterns in their mood, identify triggers and other things that affect their mental health.  
• Users can create a customizable wellness plan to chart their coping mechanisms |
| eMoods                | Available on Android & Kindle/Amazon. Coming soon to iOS & web subscription  | • eMoods lets you easily track your daily highs and lows, sleep, medications, and other symptoms related to common mood disorders like Bipolar/Manic Depressive illness.  
• App has ability to email a report at the end of each month to your doctor or caregiver to help you identify triggers or other events that could lead to an episode or relapse. |
| **Other Helpful MH Management Apps for Patients** |                                                                              |                                                                                                                                                                                                            |
| The LifeLine App      | Available on Android & iOS                                                   | • Developed by The LifeLine Canada Foundation  
• Provides access and guidance to support for those in crisis and those who have suffered the devastating loss of a loved one from suicide  
• Also provides awareness, education and prevention strategies to guide people in crisis |
| Healthy Minds         | Available on Android & iOS                                                   | • HealthyMinds is a problem-solving tool geared towards students and youth to help deal with emotions and cope with the stresses you encounter both on and off campus |
| PTSD Coach            | Available on Android & iOS                                                   | • Developed by the Department of Veterans Affairs’ National Center for PTSD  
• Intended for use by veterans, military personnel, and civilians experiencing symptoms of PTSD  
• It provides a self-assessment tool that allows users to track symptoms over time (though it does not clinically diagnose PTSD)  
• It can also store contacts for personal support, locate nearby treatment programs, and contact the National Suicide Prevention Hotline quickly in emergencies. |
| Breathe2 Relax        | Available on Android & iOS                                                   | • Portable stress management tool  
• Provides information on the effects of stress on the body, and instructions & practice exercises to help users learn the stress management skill called diaphragmatic breathing. |