











Online & Apps Resources

Resource	Link	Description	Cost
<i>CBT-Based</i>			
moodgym 	https://moodgym.com.au/	Website/online tool like an interactive self-help book which helps to learn and practice skills which can help to prevent and manage symptoms of depression and anxiety.	\$27/year
MoodKit 	https://www.thriveport.com/products/moodkit/	App that helps you to engage in mood-enhancing activities, identify and change unhealthy thinking, rate and chart mood across time, and create journal entries using custom templates designed to promote well-being.	\$4.99
myCompass 	https://www.mycompass.org.au/	Website/online tool that can help identify unhelpful thoughts, feelings, and behaviors, and learn strategies to deal with them.	Free
<i>DBT-Based</i>			
Calm Harm 	https://calmharm.co.uk/	App developed by Clinical Psychologist Dr. Nihara Krause, in collaboration with young people, using principles from evidence-based Dialectical Behavior Therapy (DBT) to move through urges to self-harm.	Free






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<i>Mindfulness/Meditation</i>			
Aura Health 	https://www.aurahealth.io/	App that addresses sleep, wellbeing, and life with the personalized, all-in-one wellness app.	Limited free version. Option to upgrade to \$59.99/year or \$11.99/month or \$399.99/lifetime
Calm 	https://www.calm.com/	App designed to reduce stress levels, anxiety, and center you in a relaxed, focused state.	Free version w/ limited content. Option to upgrade for \$69.99/year
Headspace 	https://www.headspace.com/	App with hundreds of themed mindfulness sessions on everything from stress and sleep to focus and anxiety.	Limited free version. Option to upgrade for \$69.99/year or \$12.99/month
Insight Timer 	https://insighttimer.com/	App that is home to more than 5,500,000 meditators & is rated as the top free meditation app on the Android and iOS stores.	Free version w/ substantial content. Option to upgrade for \$60/year
LIBERATEVILLAGE.COM 	https://www.liberatevillage.com/p/healing-app	App geared towards the Black community with focus on healing generational trauma through meditations & mindfulness.	\$4.99 or \$9.99/month or \$71.99/year
Smiling Mind 	https://www.smilingmind.com.au/smiling-mind-app	App with meditations underpinned by mindfulness and positive psychology strategies.	Free

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<i>Perinatal</i>			
Baby and Me Yoga 	https://www.youtube.com/watch?v=66bNLmdvsYM	YouTube video – Gentle flow instructional video led by Zooga Yoga in Los Angeles is designed to help maintain a healthy lifestyle and yoga practice with a new baby in the home.	Free
Expectful 	https://expectful.com/	App for meditation & sleep for those part of the fertility, pregnancy, & motherhood community.	Free
Prenatal Yoga - 5 Poses for All Trimesters 	https://www.youtube.com/watch?v=0cKnStmV1dl	YouTube Video – Provides 5 safe poses to do practice during pregnancy. Learn happy and healthy poses for mama and baby with a strong focus on the breath.	Free
20-Minute Gentle Prenatal Yoga Class 	https://www.youtube.com/watch?v=JY97wSkGn84	YouTube video – 20 Minute Prenatal Yoga Class. Although this sequence is designed to be safe for pregnancy, the class can still be helpful for those who aren't.	Free
<i>Sleep</i>			
Sleepio 	https://www.sleepio.com/	App with a six week self-directed program used to improve poor sleep.	Free, if covered by eligible insurances or employers. If not, \$400/year

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