



Mobile Apps to Help You Manage Your Resilience

Reviewed Jan 26, 2019

Depression

CBT-i Coach is customizable and interactive, it includes a diary, prescription chart, assessment, sleep tools, and settable reminders.

[Apple iTunes](#) or [Google Play](#)

MoodTools provides six evidence-based tools to aid against clinical depression and negative moods.

[Apple iTunes](#) or [Google Play](#)

Financial management

Mint: Budget, Bills, Finance allows you to manage and pay household bills in one area.

[Google Play](#)

Mint: Personal Finance & Money consolidates your accounts in order to manage finances with one login.

[Apple iTunes](#)

Mental health

Reachout is a peer support app for those with chronic conditions and mental health issues.

[Apple iTunes](#) or [Google Play](#)

Resilience

Evernote lets you to make notes that include files, photos, and lists, and bundle them into projects to easily share between other devices and people.

[Apple iTunes](#) or [Google Play](#)

FOCUS On the Go! is a family gaming and resource app designed to engage children and families in learning and practicing key resilience skills.

[Apple iTunes](#) or [Google Play](#)

Provider Resilience is designed to keep frontline medical providers productive and emotionally healthy.

[Apple iTunes](#) or [Google Play](#)

Stress management

Personal Zen helps users steer their attention away from negatives when they are stressed and anxious, and develop a more flexible and positive focus.

[Apple iTunes](#)

PTSD Coach includes articles about PTSD, seeking care and managing symptoms, as well as a self-assessment and tracker, and where to get help.

[Apple iTunes](#) or [Google Play](#)

Substance use

LifeArmor helps those in the military community build or maintain psychological and behavioral fitness through self-assessments and tools to help you cope with stressors such as anxiety, sleep issues, and substance misuse.

[Apple iTunes](#) or [Google Play](#)

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