

## Apps for Mental Health

AOTA put together this comprehensive list of apps for occupational therapy practitioners that you can use in the clinic with your clients. We provide a description, price, and link to get the app on your device. This database will be updated with new apps, so keep checking back. And if you use an app that we missed here, please [let us know!](#)

[General](#) | [For Veterans and Service Members](#) | [Specific Mental Health Issues](#) | [Medication Management](#) | [Organizational & Work-Related Apps](#) | [Professional Development](#) | [Relaxation](#) | [Recovery](#)

### General

<p><b>CDC Influenza (Flu)</b></p> <p>Developed by the Centers for Disease Control and Prevention, the influenza app for health care professionals offers up-to-date information on national flu activity.</p>	-	Free <a href="#">Get it here.</a>
<p><b>First Aid by American Red Cross</b></p> <p>Be prepared for accidents with this app that has expert advice for everyday emergencies.</p>	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<p><b>Functional Communication System</b></p> <p>Customize this video-based communication tool with real images, audio, and video to reflect your client’s world.</p>		\$49.99 <a href="#">Get it here.</a>
<p><b>Functional Planning System</b></p> <p>Plan out your client’s day with this video prompting tool. Schedule activities, create step-by-step videos, and create alarms to remind clients of tasks.</p>		\$19.99 <a href="#">Get it here.</a>
<p><b>Health Hotlines</b></p> <p>This app helps the public locate health-related information and is a directory of nearly 9,000 organizations. Developed by the National Library of Medicine.</p>	-	Free <a href="#">Get it here.</a>

<p><b>HIV Testing &amp; Care Services Locator</b></p> <p>Using your device's GPS, this app suggests HIV/AIDS prevention and services providers near you. Find testing, housing assistance, health centers, and more. Developed by the Department of Health and Human Services.</p>	-	Free <a href="#">Get it here.</a>
<p><b>HowToDoIt Therapy</b></p> <p>Developed by an occupational therapist, this app allows practitioners to create customized step-by-step instruction sheets and tutorials for exercise programs, social stories, procedures, and more.</p>	-	Free <a href="#">Get it here.</a>
<p><b>HRSA Find a Health Center</b></p> <p>Federally funded health centers will care for clients, even without health insurance, based on your income and what they can afford. This app finds the nearest health center.</p>	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<p><b>MyBenefits</b></p> <p>This health management tool will help users have their benefits information on their smartphone or tablet. Access your benefit plans on the go.</p>	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<p><b>MySharp</b></p> <p>Consolidate your appointments, lab results, and medical records using this free app.</p>	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<p><b>PubMed</b></p> <p>This app gives you multiple ways to search the PubMed database, which contains more than 22 million references. Ask a general question, search keywords, and read abstracts.</p>	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<p><b>QuitGuide</b></p> <p>Prepare to quit smoking with this app that describes problems you can expect when you quit, as well as tips to keep you smoke free. Save information and share with friends on social media.</p>	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<p><b>White Noise Lite</b></p> <p>Plays ambient noise to block out distractions. Free version has 10 sounds</p>	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>

including rain, chimes, a fan, and more.		
<b>White Noise Recorder</b> Record your preferred sounds. Take 10- to 30-second recordings and play it as a continuous loop.		\$0.99 <a href="#">Get it here.</a>

### **Apps for Veterans and Service Members**

<b>Breathe to Relax</b> Developed by the Department of Defense, this app is a portable stress management tool with hands-on diaphragmatic breathing exercises.	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<b>PE Coach</b> Developed by the Department of Defense, this app helps support the tasks associated with prolonged exposure (PE) treatment to PTSD. The app has tools for successful PE participation.	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<b>PTSD Coach</b> Education and information about post-traumatic stress disorder (PTSD) designed for service members and their families. App also includes a self-assessment tool, self-help strategies, relaxation skills, and more.	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<b>T2 Mood Tracker</b> Developed by the Department of Defense, this app helps track emotional experiences over time and provides users with a tool to share the information with health care providers. Issues include anxiety, depression, well-being, head injury, PTSD, and stress.	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<b>Tactical Breather</b> Developed by the Department of Defense, this app helps users manage their responses to stress with easy-to-learn techniques that can help them control their heart rate, emotions, concentration, and more.	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>

### **Apps for Specific Mental Health Issues**

<b>Anxiety</b> Rate the level of anxiety on a color-coded scale. Move to a set of skills to help you change your thoughts. Then receive ideas for lifestyle changes.	\$0.99 <a href="#">Get it here.</a>	
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<p><b>Depression</b></p> <p>Rates the intensity of depressive symptoms on a color-coded scale. Move to a set of skills to help you change your thoughts. Then receive ideas for lifestyle changes.</p>	<p>\$0.99</p> <p><a href="#">Get it here.</a></p>	
<p><b>Eating Disorder</b></p> <p>Rates the frequency and strength of eating disorder thoughts on a color-coded scale. Move to a set of skills to help you change your thoughts. Then receive ideas for lifestyle changes.</p>	<p>\$0.99</p> <p><a href="#">Get it here.</a></p>	
<p><b>iCounselor: Anxiety</b></p> <p>Rate the level of anxiety on a color-coded scale. Move to a set of skills to help you change your thoughts. Then receive ideas for lifestyle changes.</p>		<p>\$0.99</p> <p><a href="#">Get it here.</a></p>
<p><b>iCounselor: Depression</b></p> <p>Rates the intensity of depressive symptoms on a color-coded scale. Move to a set of skills to help you change your thoughts. Then receive ideas for lifestyle changes.</p>		<p>\$0.99</p> <p><a href="#">Get it here.</a></p>
<p><b>iCounselor: Eating Disorder</b></p> <p>Rates the frequency and strength of eating disorder thoughts on a color-coded scale. Move to a set of skills to help you change your thoughts. Then receive ideas for lifestyle changes.</p>		<p>\$0.99</p> <p><a href="#">Get it here.</a></p>
<p><b>iCounselor: OCD</b></p> <p>Rates the frequency and strength of obsessive compulsive disorder thoughts on a color-coded scale. Move to a set of skills to help you change your thoughts. Then receive ideas for lifestyle changes.</p>		<p>\$0.99</p> <p><a href="#">Get it here.</a></p>
<p><b>OCD</b></p> <p>Rates the frequency and strength of obsessive compulsive disorder thoughts on a color-coded scale.</p>	<p>\$0.99</p> <p><a href="#">Get it here.</a></p>	

**Medication Management**

<p><b>Med Helper</b></p>	<p>Free</p>	
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Tracks prescription medication, treatment, and appointment schedules. Alarm reminders and a log of past doses.	<a href="#">Get it here.</a>	
<b>Med Helper</b> Tracks prescription medication, treatment, and appointment schedules. Alarm reminders and a log of past doses.	Pro, \$3.99 <a href="#">Get it here.</a>	
<b>MediSafe Medication Management – NEW!</b>  This app not only reminds you to take your medication, but it also can notify a caregiver if you don't do so, so they can remind you.	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<b>My Med Schedule</b>  Web-based application that sends text alarms as reminders for taking medications.	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<b>MyMedList (MML)</b>  From the National Library of Medicine, this app is a record of your current and past medications. Manage your medication list, print it to share, use as a reminder to take medications, and more.		Free <a href="#">Get it here.</a>
<b>Pill Identifier</b>  With thousands of prescription and OTC medications, you can find any pill you're looking for with this app's searchable database.	\$0.99 <a href="#">Get it here.</a>	\$0.99 <a href="#">Get it here.</a>

### Organizational & Work-Related Apps for Practitioners

<b>Bamboo</b>  A digital notetaking app, the Bamboo app allows you to write or sketch with your hand or stylus.	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<b>CamCard</b>  Get rid of your stacks of business cards by using this app to take a picture of the card with your device's camera. The contact information is automatically extracted from the business card's image and synched to your contacts.	\$2.99 <a href="#">Get it here.</a>	\$3.98 <a href="#">Get it here.</a>
<b>Congress</b>	Free	Free

<p>The free Congress app from the Sunlight Foundation allows users to follow activity on bills in Washington, D.C., as well as provides contact information for all members of Congress.</p>	<p><a href="#">Get it here.</a></p>	<p><a href="#">Get it here.</a></p>
<p><b>Dictionary.com App</b></p> <p>Get definitions and synonyms from Dictionary.com’s trusted reference content.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Divide</b></p> <p>Keep your personal and business lives separate on your phone with this app. Securely create a business workspace where you can store the apps, e-mail, contacts, and calendar that you use for work.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Drive</b></p> <p>Google Drive (formerly Docs) is a cloud-based document app. Access your documents saved on Drive with this app or any time you are logged in to your Google account.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Dropbox</b></p> <p>This file storage app can be installed on your phone or tablet as well as your computer and laptop. The app allows users to have access to files, including photos, PDFs, documents, and more across devices.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>DueToday</b></p> <p>This to-do list app is based on the book <i>Getting Things Done</i>, which allows users to create lists, assign tasks to a project, rate priorities, set a context, add due dates, and more.</p>	<p>\$2.99</p> <p><a href="#">Get it here.</a></p>	
<p><b>Evernote</b></p> <p>Helps you remember everything across all of the devices you use. Evernote lets you take notes, capture photos, create to-do lists, and record voice reminders.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>EzPDFReader</b></p> <p>View PDF files using this app and have the app read the PDF aloud to you.</p>	<p>\$3.99</p> <p><a href="#">Get it here.</a></p>	<p>\$1.99</p> <p><a href="#">Get it here.</a></p>
<p><b>Facetime</b></p>		<p>Free</p>

Available on Apple devices, Facetime uses the built-in camera to make video calls.		<a href="#">Learn more.</a>
<b>Google Translate</b> Translate text from more than 60 languages. For most languages, speak the phrase and hear the translation.	Free <a href="#">Get it here.</a>	
<b>iTranslate</b> App for practitioners working with clients whose first language is not English. Speak or type the question or comment, choose the language, and click translate.		Free <a href="#">Get it here.</a>
<b>Medscape</b> Medscape from WebMD provides news, clinical reference, drug interaction checker, and more. Save articles and read offline.	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<b>Paperless Lite: Lists + Checklists</b> This app is the free version of Paperless, which is a simple but powerful app for making lists.	-	Free <a href="#">Get it here.</a>
<b>Pocket</b> When you find articles you want to read later, use the pocket app to save it to your phone or tablet until you have the time to read it.	Free <a href="#">Get it here.</a>	Free <a href="#">Get it here.</a>
<b>Recorder</b> Record verbal notes for client documentation and other information you need to recall later. Can e-mail recordings to others.		Free <a href="#">Get it here.</a>
<b>Rehab Treatment Timer – NEW!</b> Use this app to record the exact time of therapy services that you provide to clients.	\$0.99 <a href="#">Get it here.</a>	\$0.99 <a href="#">Get it here.</a>
<b>Screen Chomp</b> This simple doodling board app has one-click sharing tools that make recording and sharing your ideas easy. Use the app to record information for clients to use later.		Free <a href="#">Get it here.</a>

<p><b>Show Me Interactive Whiteboard</b></p> <p>Turn your phone or tablet into an interactive whiteboard and record voiceover that you can share with others.</p>		<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Skitch</b></p> <p>Use shapes, arrows, sketches, and text annotations to express yourself with fewer words and e-mails. Mark up photos, screenshots, maps, and Web pages and share them with anyone.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>SkyDrive</b></p> <p>Store your files in the cloud to have access to them anywhere. Access files with the app and on the Web version (which includes free Web versions of Microsoft Office).</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Skype</b></p> <p>The Skype app allows users to talk to friends and family with instant messaging, voice calls, or video calls for free.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Taskos To Do List</b></p> <p>Simple and intuitive to do list for android. Add tasks by typing or speaking to your mobile device.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	
<p><b>Time Tracker</b></p> <p>Keep track of the time you spend with your clients with this app to help with billing and documentation.</p>	<p>Free (similar)</p> <p><a href="#">Get it here.</a></p>	<p>\$4.99</p> <p><a href="#">Get it here.</a></p>
<p><b>Today Screen</b></p> <p>Everything you need on one screen: date, battery, holidays, calendar, birthdays, weather, anniversaries, notes, etc.</p>		<p>\$1.99</p> <p><a href="#">Get it here.</a></p>
<p><b>TxTools</b></p> <p>A collection of tools to help occupational therapy practitioners in sessions with clients—includes an IEP scheduler, percent right, age finder, and tally this.</p>		<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Voice</b></p>	<p>Free</p>	<p>Free</p>



<p>Google Voice allows you to have a phone number that you can forward to your mobile or landline phone. Give this number to clients or others with whom you don't want to share your personal numbers. The app allows you to call from your Google voice number, send texts, and view messages for free.</p>	<p><a href="#">Get it here.</a></p>	<p><a href="#">Get it here.</a></p>
<p><b>Voice Recorder</b></p> <p>Record verbal notes for client documentation and other information you need to recall later. Can e-mail recordings to others.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	
<p><b>Wunderlist</b></p> <p>The wunderlist app is a free organizational tool for creating to-do lists. Annotate the lists with subtasks, notes, due dates, and reminder notifications.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>

### Professional Development

<p><b>aVOR</b></p> <p>Teaching, training, and testing tool for the vestibulo-ocular reflex (VOR) system and its disorders. Demonstrates how head movements can have an automatic influence on eye direction.</p>		<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Bitsboard</b></p> <p>Bitsboard has a catalog of thousands of flashcards for lessons on hundreds of topics. Use the app to learn a variety of skills. The free app comes with three free games and additional games can be unlocked for \$0.99 or purchase the full app for \$2.99.</p>		<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Modality Body Anatomy</b></p> <p>A 3-D interactive app with information about muscle actions, muscle and bone anatomy, bone movements, and muscle innervations. Find images, audio pronunciation guides, quiz makers, and more.</p>		<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Speed Anatomy Lite</b></p> <p>Whether you need a review or you're a student learning anatomy, this app will help you identify body parts with quizzes on bones, muscles, and blood vessels.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	

<p><b>Talking Glossary of Genetics</b></p> <p>This app pronounces more than 250 common genetic terms and explains the concepts in an easy-to-understand format.</p>		<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>TherapyWhiz - NEW!</b></p> <p>An educational app that can help you provide evidence-based and client-centered therapy. App developed by an occupational therapist.</p>		<p>\$1.99</p> <p><a href="#">Get it here.</a></p>

**Relaxation Apps**

<p><b>Bowls</b></p> <p>This Tibetan singing bowls app can be used to produce sounds by tapping or swirling the rim of each bowl. Can be used for mindfulness and grounding techniques.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Calm – NEW!</b></p> <p>This app provides you with meditation exercises to help you relax and sleep, and to improve your mood.</p>		<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Headspace – NEW!</b></p> <p>This app uses meditation and mindfulness techniques to help train your mind to meditate.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Relax Me</b></p> <p>This app offers guided and progressive muscle relaxation.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	
<p><b>Relax Melodies</b></p> <p>Personalized relaxation and sleep assistance app has more than 40 high quality sounds to provide white noise or background noise to assist with falling asleep.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Universal – Breathing – NEW!</b></p> <p>This app uses music and visuals to guide users to slower, deeper breathing, which can help relieve stress and tension. Free to download, requires a subscription to use.</p>	<p>Free</p> <p><a href="#">Get it here.</a></p>	<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Universal - Office Yoga – NEW!</b></p>	<p>Free</p>	<p>Free</p>

Yoga poses that you can do at your desk to help relieve stress. Free to download, requires a subscription to use.

[Get it here.](#)

[Get it here.](#)

### Recovery Apps

App Name and Description	Android	Apple
<p><b>Daily Deeds NEW!</b></p> <p>Keep track of what you need to do each day with this app, which is a simple way to motivate yourself. Keep tabs on everyday tasks by ticking them off your daily deeds lists.</p>		<p>\$0.99</p> <p><a href="#">Get it here.</a></p>
<p><b>iRecovery</b></p> <p>Track recovery from a variety of addictions using recovery points for various recovery-based activities. Users can see progress and add activities to customize.</p>		<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>iPromises Recovery Companion</b></p> <p>Create trigger alerts, share and access meeting content, maintain friendships with others in recovery. Provides an icon to call sponsor in an emergency.</p>		<p>Free</p> <p><a href="#">Get it here.</a></p>
<p><b>Friends of Bill</b></p> <p>Keep track of friends in recovery with this app. Send daily meditations and track sobriety. App has a quick link to call friends in case of a potential slip.</p>		<p>\$0.99</p> <p><a href="#">Get it here.</a></p>
<p><b>Cravings Manager</b></p> <p>Get instant feedback on the number of cravings a person in recovery has had. Get motivational quotes and create a list of triggers to be better prepared for future cravings.</p>		<p>\$0.99</p> <p><a href="#">Get it here.</a></p>
<p><b>One Day at a Time</b></p> <p>Keep track of recovery. Receive daily meditations, track sobriety, and have a quick link to call friends in case of a potential slip.</p>	<p>\$1.99</p> <p><a href="#">Get it here.</a></p>	

*Disclaimer:* This list is developed using suggestions and recommendations from occupational therapy practitioners. AOTA does not endorse these apps. Prices listed were current at time of publication and are subject to change.