







Mobile Phone Apps, Websites & Self-Help Books: Mental Health Resource List

Mobile Phone Apps







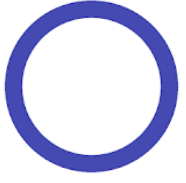


There are a variety of mobile phone apps for anxiety, stress, depression and general mental health. They can help you learn about your condition, record details about your symptoms and some provide tools to help you manage mental health problems.

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|  | <p>Self-help Anxiety Management (SAM)</p> <ul style="list-style-type: none"> • Self-help tools • Education and information • Anxiety tracking and trigger recording • Discussion forum | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>Breathe2Relax</p> <ul style="list-style-type: none"> • Guided breathing • Education and information | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>Headspace</p> <ul style="list-style-type: none"> • Guided meditation • Meditation reminders • Meditation tracking | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>MindShift</p> <ul style="list-style-type: none"> • Self-help tools • Education and information • Anxiety tracking | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>PTSD Coach</p> <ul style="list-style-type: none"> • Symptom tracking • Education and information • Self-assessment and self-help tools | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>Smiling Mind</p> <ul style="list-style-type: none"> • Guided meditation • Mindfulness • Meditation reminders | <p>Available from Google Play and iTunes Cost: free</p> |

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|  | <p>Insight Timer</p> <ul style="list-style-type: none"> • Guided breathing and guided meditation • Education and information • Mindfulness | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>T2 Mood Tracker</p> <ul style="list-style-type: none"> • Mood tracking • Reminders • Graphs and reports for sharing | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>Virtual Hope Box</p> <ul style="list-style-type: none"> • Games and motivational quotes • Meditation exercises • Activities to reduce stress | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>Well Mind</p> <ul style="list-style-type: none"> • Self-help tools • Mood tracking • Education and information | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>Wellness Recovery Action Plan (WRAP)</p> <ul style="list-style-type: none"> • Notebook • Diary | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>One-Moment Meditation</p> <ul style="list-style-type: none"> • Guided meditation • Mindfulness • Meditation reminders | <p>Available from Google Play and iTunes Cost: free</p> |
|  | <p>Breathe Easy</p> <ul style="list-style-type: none"> • Customize inhaling, exhaling and pausing between breaths • Guided breathing and meditation | <p>Available from Google Play and iTunes Cost: free</p> |

Mobile Phone Apps, Websites & Self-Help Books: Mental Health Resource List

Websites



- 1.) Additude: inside the ADHD mind <https://www.additudemag.com/>
- 2.) Anxiety Canada <https://www.anxietycanada.com/>
- 3.) Anxiety Disorders Association of Canada www.anxietycanada.ca
- 4.) Anxiety Disorders Association of Ontario www.anxietydisordersontario.ca
- 5.) Association for Behavioral and Cognitive Therapies www.abct.org
- 6.) Back from the Bluez: Self-help modules for coping with depression. (Center for Clinical Interventions) <https://www.cci.health.wa.gov.au/resources/looking-after-yourself/depression>
- 7.) Canadian Mental Health Association www.cmha.ca
- 8.) Canadian Network for Mood and Anxiety Treatments www.canmat.org
- 9.) Centre for Addiction and Mental Health www.camh.net
- 10.) Clinical Research Unit for Anxiety and Depression www.crufad.com
- 11.) Here to Help: Mental Health and Substance Use Information
<https://www.heretohelp.bc.ca/>
- 12.) Freedom from Fear www.freedomfromfear.org
- 13.) Obsessive-Compulsive Foundation www.ocfoundation.org
- 14.) Mood and Anxiety Disorders Institute www.massgeneral.org/madiresourcecenter
- 15.) Mental Health: A Report of the Surgeon General
www.surgeongeneral.gov/library/mentalhealth/chapter4/sec2_1.html
- 16.) National Institute of Mental Health (U.S.) www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml

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Self-Help Books



ADD/ADHD

Barkley, R. A. (2013). Taking charge of ADHD: The complete, authoritative guide for parents (Third edition.). New York: The Guilford Press.
Hallowell, Edward & Ratey, John. (2011). Driven to Distraction. New York: Anchor Books; Random House.

Communication Skills

McKay, M., Davis, M. & Fanning., P. (1995). Messages: The Communications Skills Book. Oakland, CA: New Harbinger Publications.

General Anxiety, Stress and Depression

Bourne, E.J. (2005). The Anxiety & Phobia Workbook (4th ed.). Oakland, CA: New Harbinger Publications
Burns, D.D. (2008). Feeling Good: A New Mood Therapy (revised and updated). New York: HarperCollins.
Burns, D.D. (1999). Feeling Good Handbook. New York: Plume.
Copeland, M.E. (1998). The Worry Control Workbook. Oakland, CA: New Harbinger Publications.
Davis, M., Eshelman, E.R. & McKay, M. (2008). The Relaxation and Stress Reduction Workbook (6th ed.). Oakland, CA: New Harbinger Publications.
Greenberger, D. & Padesky, C.A. (2016). Mind over Mood: Change How You Feel by Changing the Way You Think. New York: Guilford Press.

Chronic Pain

Kabat-Zinn, Jon. (2013). Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. New York: Random House Publishing Group.

Depression

Amen, Daniel G. (2015). Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems. New York: Harmony Books; Penguin, Random House.
Bilsker, D., & Paterson, R. (2009). Self-Care Depression Program: Antidepressant Skills Workbook (2nd ed.). Vancouver, BC: Centre for Applied Research in Mental Health and Addiction and BC Mental Health & Addiction Services. Retrieved from www.comh.ca/publications/resources/asw/SCDPAntidepressantSkills.pdf
Best Start Resource Centre. (2014). Managing Depression: A Self-help Skills Resource for Women Living With Depression During Pregnancy, After Delivery and Beyond. Toronto, Canada: Author. Copies of this book can be downloaded at no cost from: www.beststart.org
Copeland, M.E. (2001). The Depression Workbook: A Guide for Living with Depression and Manic Depression (2nd ed.). Oakland, CA: New Harbinger

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Self-Help Books

- Korb, Alex. (2015). *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time*. Oakland, CA: New Harbinger Publications
- Stahl, B. & Goldstein, E., (2010). *A Mindfulness-Based Stress Reduction Workbook*. Oakland, CA. New Harbinger.
- Williams, M., Teasdale, J., Segal, Z. & Kabat-Zinn, J. (2007). *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness*. New York, Guilford Press.

Obsessive-Compulsive Disorder

- Foa, E.B. & Wilson, R. (2001). *Stop Obsessing! How to Overcome Your Obsessions and Compulsions*. New York: Bantam Books.
- Hyman, B.M. & Pedrick, C. (2005). *The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder (2nd ed.)*. Oakland, CA: New Harbinger Publications.
- Rector, N.A., Bartha, C., Kitchen, K., Katzman, M. & Richter, M. (2001). *Obsessive-Compulsive Disorders: An Information Guide*. Toronto: Centre for Addiction and Mental Health.

Panic Disorder

- Barlow, D.H. & Craske, M.G. (2006). *Mastery of Your Anxiety and Panic: Workbook (4th ed.)*. New York: Oxford University Press.
- Zuercher-White, E. (1998). *An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder*. Oakland, CA: New Harbinger Publications.

Post Traumatic Stress Disorder

- Smyth, L. (1999). *Overcoming Post-Traumatic Stress Disorder— Client Manual: A Cognitive-Behavioral Exposure-Based Protocol for the Treatment of PTSD and the Other Anxiety Disorders*. Oakland, CA: New Harbinger Publications.
- Williams, M.B. & Poijula, S. (2002). *PTSD Workbook: Simple Effective Techniques for Overcoming Traumatic Stress Symptoms*. Oakland, CA: New Harbinger Publications.

Social Anxiety Disorder

- Antony, M.M. & Swinson, R.P. (2008). *The Shyness and Social Anxiety Workbook: Proven Step-by-Step Techniques for Overcoming Your Fear (2nd ed.)*. Oakland, CA: New Harbinger Publications.
- Hope, D.A., Heimberg, R.G., Juster, H.R. & Turk, C.L. (2004). *Managing Social Anxiety: A Cognitive Behavioral Therapy Approach, Client Version*. Boulder, CO: Graywind Publications.
- Markway, B.G., Carmin, C.N., Pollard, C.A. & Flynn, T. (1992). *Dying of Embarrassment: Help for Social Anxiety and Phobia*. Oakland, CA: New Harbinger Publications.

Specific Phobia

- Antony, M.M., Craske, M.G. & Barlow, D.H. (2006). *Mastery of Your Specific Phobia (2nd ed.)*. New York: Oxford University Press.
- Bourne, E.J. (1998). *Overcoming Specific Phobia*. Oakland, CA: New Harbinger Publications.