Other Mental Health apps/services

This document started with some notes that I (Sanjay) took after speaking with Claire, a staff member at SCO (Samaritans). I then found this document, created by Danica Wilbanks danica.j.wilbanks@gmail.com. I incorporated lots of content from Danica's document. I have then added to it with other apps that I have found, and added lots of notes about things I've learned from researching the apps.

Mental Health & Wellness Apps

Types of therapeutic approaches used:

- CBT
- Meditation

Approaches which don't seem to come up often:

- Psychodynamic
- Rogerian
- Existential

RESOURCE	DESCRIPTION	Free-text?	COST
Sanvello	Techniques for dealing with stress, anxiety, and depression. Techniques are largely **CBT** and **mindfulness** (as described here)	No	Free premium access through the COVID-19 crisis
x2ai	Claims to be "**integrative**" (i.e. using a mixture of different approaches, however it seems each of those approaches is either **CBT or something similar to CBT**. According to an evaluation, "Tess delivers mental health interventions <...> such as CBT [23], which maintains a strong evidence base [24]. In addition to CBT, Tess can also deliver a variety of similar, clinically proven therapies, dependent on both the emotions reported by the individual and the nature of their concern. These include interventions based on the transtheoretical model [25], emotionally focused therapy [26,27], solution-focused brief therapy [28], motivational interviewing [29], and more. By interacting with Tess, users experience the benefits of journaling,	In a limited way. There are text fields where the user can write anything, but direction/agenda is set by the bot, not	There's a demo here https://www.messenger.com/t/chatwithsara, but the main service seems to be paid for

	which has been shown to increase the positive perception of experiences [30] and significantly improve self-efficacy [31]"	the user	
~~Joy~~	~~**CBT**-based. Does tracking as well as mood improvement. Seems to have folded?~~		~~Free, as far as I can tell~~
Joyable	Seems to be a combination of simple online exercises and access to a human coach. The website states that it is based on **CBT**	No, not with the bot (but yes with the human coach)	$99/month
MoodTools	Self-help app for depression and negative moods. Uses a tracking tool. **CBT**-esque approaches (mentions Cognitive Therapy)	In a limited way.	Free
Woebot	Mental health chatbot that uses **CBT** techniques	In a limited way	Free
Wysa	AI chat and tools for anxiety and isolation support. Uses **CBT, DBT and meditation** (according to the app store)	In a limited way	Free through COVID-19 crisis
SuperBetter	Science of Games resilience training to tackle challenges like anxiety, depression, stress, chronic pain, and concussion recovery. "A large portion of SuperBetter is modeled after cognitive behavioral therapy (**CBT**)" (source)	No	Free
Moodpath	Helps to track mood + a pre-diagnosis of depression symptoms to show to a psychiatrist in case of an appointment. Based on **CBT.** Includes videos.	No	Free
Happify	App to increase happiness, reduce stress and anxiety, and build mindfulness. Uses **positive psychology, CBT, and mindfulness** (as described in the RCT writeup)	No	Free
Mind Ease	Anxiety management app with exercises for reducing stress and anxiety. The exercises do include **CBT**-esque exercises (cognitive therapy) as well as **mindfulness** meditation, but also many others. Mind Ease says: "No two people experience anxiety in the same way, so why should we expect any single way of calming down to suit everybody?" They therefore offer several different approaches.	In a limited way	Free

Headspace	**Mindfulness and meditation** app, currently offering free meditations and exercises		Free - $12.99 per month
Waking Up	Guided **meditations** and tools for understanding the mind		Free month subscription
Balance: Meditation	**Mindfulness and meditation** practice		Free year-long premium subscription through COVID-19 crisis

Teletherapy/Online Counseling

RESOURCE	DESCRIPTION	COST
Betterhelp	Chat, phone, and video sessions with licensed therapists	$40 - $70 per week (billed monthly)
AmWell	24/7 on-demand online and phone doctor visits for routine medical conditions, therapy, and psychiatry; **Can prescribe medication**; Children under 18 can be added to account	Doctor visit: $69 Therapy session: $85 - $99 Psychiatric consultation: first $199, follow-up $95
TalkSpace	Text, video, voice messaging with licenced therapists	$65 - $99 per week
HealthSapiens	24/7 access to certified counselors	$149 per month

7 Cups	Free chat support with volunteers; Online counseling with licenced therapists	**Free 24/7 chat**, Online counseling $150 per month
AbleTo	Short-term CBT-based treatment via phone and videoconferencing	Covered with several US insurance providers
MDLIVE	Virtual doctors visits	Counseling: $99 Psychiatry appointment: first $259, follow-up
Psychology Today Online Therapists	Find counsellors who offer online therapy	Varies

Crisis Support | US

Crisis Text Line	Text **741741** to speak with a trained crisis counselor 24/7
NAMI HelpLine	Peer-support service and mental health resource referrals **800-950-NAMI**
National Suicide Prevention Lifeline	24/7 free and confidential support **800-273-TALK (8255)**
National Domestic Violence Hotline	**1-800-799-7233**

Crisis Support | UK

Crisis Text Line	Text **85258** to speak with a trained crisis counselor 24/7
Shout	Text **85258** for crisis support 24/7
Samaritans	Text or call **116 123** for 24/7 support

SANEline	Confidential emotional support via text
No Panic Helpline	Helpline for panic attacks, phobias, OCD, and other related anxiety disorders **0844 967 4848**

Crisis Support | Canada

Crisis Text Line	Text **686868** to speak with a trained crisis counselor 24/7
Canada Suicide Prevention Service (CSPS)	24/7 crisis support available anywhere in Canada **1-833-456-4566**
The Lifeline Canada	Crisis centers by location in Canada