

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/a genda 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