

MOBILE APPLICATIONS FOR CLINICAL TECHNOLOGY

RECOVERY

PTSD Coach

The PTSD Coach app can help an individual learn about and manage symptoms that often occur after trauma. **Free** from: iTunes (iOS) and Google Play (Android)

SAM App (Self-help Anxiety Management) SAM is a user-friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. Free from: iTunes (iOS) and Google Play (Android)

Calm (Calm, Mediate, Sleep, Relax): Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life. Start your journey to a calmer mind with the app that's trusted by millions and featured in the New York Times. Free from: iTunes (iOS) and Google Play (Android)

Virtual Hope Box (VHB) The Virtual Hope Box (VHB) is a smartphone application designed for use by users and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Users and providers can work together to personalize the VHB content on the user's own smartphone according to the patient's specific needs. The user can then use the VHB away from clinic, continuing to add or change content as needed.

HEALTH

Medisafe: Millions use Medisafe to stay safe with their meds and keep track of blood pressure, glucose and other measurements. With Medisafe you can easily share results with doctors to track better outcomes, faster. Free from: iTunes (iOS) and Google Play (Android)

Smoking Cessation

Livestrong My Quit Coach: This personalized quitting coach program can be customized to fit the way you want to quit. You can either quit cold turkey or just cut back on your nicotine intake a little each day. However you want to do it, this coaching program will help you out and tailor the schedule to fit you. It is great for people who are not able to find a quitting program that suits their lifestyle. And the app is physician approved. Free from: iTunes (iOS) and Google Play (Android)

SELF-CARE

Breathe2Relax app can help you return to a place of calm and tranquility by encouraging better breathing techniques. Follow the app's guided breathing exercises when you need to reach a better mental state. It may feel forced at first, but eventually you may find it relaxing and refreshing. Free from: iTunes (iOS) and Google Play (Android)

Headpeace

Get the most out of your day with the Headspace meditation app. We'll help you perform at your best through the life-changing skills of meditation and mindfulness. In just a few minutes a day, you'll learn how to train your mind and body for a healthier, happier life. All you have to do is download our free meditation and mindfulness app. Then just sit back, relax and breathe. Free from: iTunes (iOS) and Google Play (Android)

Relax Melodies

Take back control of your sleep with Relax Melodies and join our community of millions that sleep better every day. Start sleeping now and enjoy full nights of sleep like you haven't in a long time. Free from: iTunes (iOS) and Google Play (Android)

PREGNANCY

I'm Expecting

I'm expecting pregnancy app provides a with weekly updates of what's happening to the body and the baby. View weekly pregnancy videos and baby development videos. Track symptoms and view top symptoms for each week. Free from: iTunes (iOS) and Google Play (Android)

WebMD Baby

The WebMD Baby App provides an extensive library of medically approved content to help keep baby healthy, happy, and as adorable as ever. Get tips from the experts and track every moment so one never miss a step (especially that first one)! Free from: iTunes (iOS) and Google Play (Android)