- https://www.samhsa.gov/find-help/disaster-distress-helpline
- Calm **(free options**, can pay for additional features) - Variety of meditation exercises and relaxing soundtracks organized by topic (e.g. stress, anxiety, sleep, focus, etc.)
- CBT-i Coach **(free)** - VA resource with Cognitive Behavioral Therapy for insomnia strategies, free guided relaxation activities, and sleep logs to help keep your sleep on track
- Happify **(free options**, can pay for additional features) - Science-based activities and games to overcome worries and stress; Techniques were developed by experts who study evidence-based interventions in the fields of positive psychology, mindfulness, and Cognitive Behavioral Therapy
- Headspace **(free** for providers for the rest of the year with verification by NPI; otherwise 2 week free trial for non-providers) - Sets of guided meditations aimed at tackling problems related to stress, anxiety, sleeplessness, and relationships
- Healthy Minds **(free)** - Translating pioneering neuroscience into tools for everyday life using mindfulness practices and podcast style lessons. App designed by UW Center for Healthy Minds
- Insight Timer **(free)** - Guided meditation app with a variety of mindfulness and meditation practices targeting stress, anxiety, insomnia, etc.
- Recovery Path **(free)** - Personalized evidence-based prevention and intervention strategies for people struggling with or recovering from substance or alcohol addiction; Incorporates aspects of Motivational Therapy, Cognitive Behavioral Therapy, and Community Reinforcement to boost your treatment and recovery plan.
- Ten Percent Happier **(free options**, can pay for additional features) - Large selection of guided meditations and mindfulness practices; Great for beginners as well as those already well-versed in mindfulness; Includes free Coronavirus Sanity Guide
- Sanvello **(free premium during COVID-19 crisis**; additional features available with qualifying insurance) - Clinically-validated evidence-based mobile application for anxiety, stress and depression; Based on Cognitive Behavioral Therapy, currently used by over 3 million people
- Stop, Breathe & Think **(free options**, can pay for additional features; **free kids version**) - Guided meditation and mindfulness. Includes theme “Calm Coronavirus Anxiety”; Option to check in with your emotions and pick exercises based on how you feel; 2017 People’s choice award for best health app
- Woebot **(free)** - Personalized web-robot who delivers Cognitive Behavioral Therapy skills to foster insight into unhelpful thoughts and behaviors and reduce stress
- Wysa**: Mental Health Support (free options**, 20% off subscription cost right now) - Research-backed app that utilizes Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, yoga, and mindfulness to support people with mental health and wellness needs; Access to a real mental health professional who coaches you through new skills and coping behaviors (with subscription)