**Self Help Free Apps**

*Virtual Hope Box*

The Virtual Hope Box is a smartphone application that contains simple tools to help with coping, relaxation, distraction, and positive thinking. You can personalize the VHB content on your own smartphone according to your specific needs. The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.

*MyCalmBeat*

MyCalmBeat is a Brain Exercise by MyBrainSolutions.com that helps improve your ability to manage stress through slow breathing. Slow breathing allows you to increase the variability of your heart rate to decrease stress, improve focus and build resilience. By regularly slowing your breathing down, you can improve your heart rate variability, which will allow your brain to more effectively deal with the stressful situations you encounter.

*MyBrainSolutions.com*

MyBrainSolutions.com is an interactive self-improvement website that offers brain insight and training to help you develop the positive habits that can maximize your personal performance.

*PTSD Coach*

PTSD Coach provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. Users can customize tools based on their preferences and can integrate their own contacts, photos, and music.

*Breathe2Relax*

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

*Daylio Journal*

Mood tracker and private journal.

*Youper*

Emotional health assistant, powered by AI.

*WoeBot*

Self-care app using Cognitive Behavior Therapy (CBT).

*Mood Tools*

Tools to deal with depression developed by the Anxiety & Depression Association of America.

*Fear Tools*

Tools to deal with anxiety developed by the Anxiety & Depression Association of America.

*Remente*

Goal setting and self-improvement.

*Wysa*

Mood tracker, mindfulness exercises, mental health assessment, powered by AI