

Mobile Apps/Websites Handout

See more apps at <https://psyberguide.org/>

ACT Specific Apps/Websites

Name	Price	Platform	Problem Area	Main Features
ACT Guide	\$10/6-month	Website - 12 modules	General	Practice exercises in between modules, skills are integrated into interactive lessons, structured format gives direction
ACT Companion	Free trial \$15/Unlimited access	iOS	General	Goal setting, self-monitoring, interactive exercises (however heavily relies on written responses), mindfulness audio
ACT Coach	Free	iOS/Android	General	Text-based ACT lessons, mindfulness audio/self-guided exercises, values exercise, self-monitoring for mindfulness, coping strategies, and willingness

Mindfulness Apps

Name	Price	Platform	Problem Area	Main Features
MyLife	Basic - Free Premium - \$60/1-year	iOS/Android	Non-clinical	High quality mindfulness audio, self-monitoring with tailored exercises, subset of exercises tailored for racial minorities, Spanish audio exercises, stickers/achievements
Headspace	Free trial \$70/1-year \$10/1-year (student price)	iOS/Android	Non-clinical	High quality mindfulness audio, animated metaphors, mindfulness "courses", other well-being features (sleep/exercise)

Other Apps

Name	Price	Platform	Problem Area	Main Features
PTSD Coach	Free	iOS/Android	PTSD	Spanish language option, tailored exercises based on selected symptoms, self-monitoring, crisis support
CBT-I Coach	Free	iOS/Android	Insomnia	Sleep diary/efficiency calculator, prescribed sleep times, set reminders (prescribed sleep/wake time, worry time, wind down time, stop caffeine)
Mood Coach	Free	iOS	Depression (BA)	Behavior activation tools, including activity scheduling and self-monitoring
Virtual Hope Box	Free	iOS/Android	Crisis/Coping	Quick tools/skills for in the moment coping, breathing/PMR/meditation exercises, games for distraction, upload pictures of what's important
COVID Coach	Free	iOS/Android	General	Skills targeting several general areas (loneliness, sleep, stress, etc.), self-monitoring across different domains
Intellicare	Free	iOS/Android	General	Suite of apps (Daily Feats, Day to Day, My Mantra, Thought Challenger, Worry Knot) offer brief and targeted skills practice