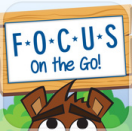







List of Mental Health Resource Apps for Youth, Caregivers, or Therapists*

Name of the App	HW features	Tracking feature?	Target Problem	Age Group	How can therapists use this app?	App info ‡	User experience Rating†	Credibility Rating†	Evaluation
 <p>FOCUS On the Go!</p>	<ul style="list-style-type: none"> Identifying emotions Problem-solving techniques 	Limited: The Family Check-up section has caregiver surveys (one of them is about the kids' emotion and behaviors), which can be emailed to the therapists.	Anxiety Disorders, Disruptive Behavior disorders	6-12, parents of 0-5, 6-12	<ul style="list-style-type: none"> Therapists can use this app to teach parents and kids CBT techniques (deep breathing, problem solving, etc.) via the videos and resources. There are parent handouts, which they can email to themselves (e.g., feelings charts, feelings thermometers, list of pleasurable events, relaxation exercises for young children). The app also has some fun, emotion identification learning games for kids. Likely best as an adjunct to therapy to teach children about emotions. 	<ul style="list-style-type: none"> Developed by: UCLA Platform: Apple iOS and Android 	Not yet available	Not yet available	<ul style="list-style-type: none"> The app is easy to use and works consistently. Completion of the emotion learning games is not tracked, but they can be used in between sessions to reinforce what was learned in therapy. Kids need to be able to read to use some of the games, otherwise they can be completed with parental support.
 <p>FOCUS on Foster Families</p>	<ul style="list-style-type: none"> Identifying and tracking emotions Problem-solving techniques (focus on family interaction) 	No	Anxiety disorders, Disruptive Behavior disorders	6-12, 13+, and parents of 6-12, 13+ (focus on foster youth)	<ul style="list-style-type: none"> This app is similar to Focus on the Go app with focus on foster youth and families. Therapists can use this app as a resource for foster youth. 	<ul style="list-style-type: none"> Developed by: UCLA Platform: Apple iOS and Android 	Not yet available	Not yet available	<ul style="list-style-type: none"> Similar to Focus on the Go app.
 <p>TF-CBT Triangle of Life</p>	<ul style="list-style-type: none"> Cognitive restructuring Problem solving 	Limited: Tracks progress on game chapters, which will erase if the game is started over.	Depression, Anxiety disorders, Trauma	6-12, parents of 0-5	<ul style="list-style-type: none"> Therapists can use this app in-session to teach kids about understanding the connection between thoughts, feelings and behaviors. Could also be used in between sessions to reinforce concept of cognitive restructuring (track how many chapters clients completed). 	<ul style="list-style-type: none"> Developed by: Allegheny Health Network Platform: Apple iOS and Android 	3.75/5.00	2.86/5.00	<ul style="list-style-type: none"> Fun interactive game. Best for readers, otherwise non-readers can complete the game with their parents. Take about 45 minutes to do entire game. Occasional software glitches.
 <p>Breathe, Think, Do with Sesame Street</p>	<ul style="list-style-type: none"> Problem solving Relaxation/breathing 	No	Disruptive Behavior Disorders, Anxiety disorders, or Depression	0-5	<ul style="list-style-type: none"> Therapists can use this app in session to teach young children skills such as problem solving, and deep breathing. This app can also be used in between sessions to reinforce concepts learned in therapy. 	<ul style="list-style-type: none"> Developed by: Sesame Street Platform: Apple iOS and Android 	Not yet available	2.50/5.00	<ul style="list-style-type: none"> Appealing app for young children. Like the Triangle of Life it isn't technically HW because of no tracking, but parents can download app so young children can practice problem-solving in between sessions. Parents could track on a separate document the number of times this app was used when the child was upset and if it helped them calm down.

Name of the App	HW features	Tracking feature?	Target Problem	Age Group	How can therapists use this app?	App info ‡	User experience Rating†	Credibility Rating†	Evaluation
SBT Kids 	*relaxation/ deep breathing/ mindfulness	Somewhat. It awards a sticker when activities are completed.	Depression, Anxiety disorders, DBD	5-10	* Features 15 short video mindfulness "missions," each of which last between 2 - 8 minutes. The videos feature audio that guides kids through meditations and animations featuring cute animals. Kids can reflect on their emotions and then choose a mission recommended by the app, or they can browse all available missions and pick one. *Therapists can help youth choose activities to complete; they can view how many sticker obtained (activities completed) and use this to start the conversation about how the youth felt before and after the exercises.	*Developed by Stop, Breathe & Think *Platforms: Apple iOS	Not yet available	Not yet available	*Good app for kids to practice breathing and meditation. The lesson videos are short and kid-appropriate. *May work best if parents do it with their children *Technical issues: only view horizontally; Have to touch the base to get the videos to start; *If you want to track number of activities completed by a specific child, then only one child can use the app.
Boosterbuddy 	Crisis Management; medication reminders	no	teens and young adults with more serious mental health problems (e.g., suicidality, psychosis, bipolar)	13+	Therapists should set it up with their clients (e.g., setting up a crisis plan with emergency information, coping statements/strategies, crisis contacts)	* Developed by Island Health *Platform: Apple iOS and Android	3.53/5.00	2.50/5.00	*Need parent approval to download. *Need therapist guidance to set it up in accordance with their program's crisis management policies such as crisis contact and activities. *There are symptom and medication assessments at the beginning for the app to suggest activities. Discuss with therapist about choosing and setting up activities is recommended. *Great resource for youth with SMI and/or who need reminders to use coping skills and take their medication. *The app is interactive and fun to use.

*This list is not an endorsement of the applications for their functionality, each user should do their own assessment of the pros and cons of each app. The creators of the list have no commercial ties to the developers of the applications.

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†User experience Rating measures the design, accessibility of information, and overall experience that the app provides. Credibility Rating measures the strength of the scientific research support for the app and the therapeutic interventions the app provides. The details of rating information can be found at <https://psyberguide.org/>

‡ Apple iOS apps can be downloaded at iTunes. Android apps can be downloaded at Google Play.