



# Mobile tools to promote mental wellness

Looking for ways to deal with COVID-related stress and anxiety?  
Access these services and tools right from your phone.

## Mental Health Helpline

Confidential information and service referral for all mental health concerns.  
Available toll-free 24/7 at:  
**1-877-303-2642**



## Text4Hope

Receive daily texts to help you identify and adjust your negative thoughts, feelings and behaviours due to COVID-19. To subscribe, text **COVID19HOPE** to **393939**.

## 5 questions to ask when choosing a mental health app

### Who developed the app?

Look for reliable organizations like universities, governments, and mental health services.

### Is there evidence that the app is effective?

Read the app description to see if it uses evidence-based practices (such as cognitive behavioural therapy).

### Is there a privacy policy?

Make sure you're comfortable with how your data may be used (stored, shared, or sold).

### Can you share your results with others?

Some apps allow you to download and share your data. Look for this feature if you want to involve your healthcare team with your status and progress.

### Will you use the app long-term?

Do the activities fit into your lifestyle? Do you find the app engaging and appealing?

## 5 free and evidence-based apps to try

### 1 Headspace

Headspace includes hundreds of guided meditations on a wide range of topics, including sleep, focus, and exercise. The free version is limited, but includes a COVID-19 collection called Weathering the Storm.



### 2 MindShift CBT

Uses proven strategies based on cognitive behavioural therapy to help you learn to relax and take charge of your anxiety.

### 3 Sanvello

Offers tools to help ease stress and anxiety, including a daily mood tracker, relaxation audio recordings, and peer support.

### 4 Happify

Complete happiness activities based on the principles of positive psychology, cognitive behavioural therapy, and mindfulness.



### 5 Wysa

Wysa keeps track of your mood with friendly chats and helps you fight stress and anxiety with tailored tools and exercises.

For more information, see:

- [AHS novel coronavirus \(COVID-19\)](#)
- [AHS Addiction and Mental Health Mobile Application Directory](#)

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