

# Online Self-help Tools

## *Downloadable apps for iPhones and android devices*

This list is only a place to begin and is not an exhaustive list of mobile apps that may be helpful. Only free apps are listed; we searched for good apps with no cost. Hazeldon, for instance has a wide selection of apps which have a cost and are related to substance use. We encourage you to search out the right tool for you. With technology changing daily, we also invite you to share with us new tools you find and your favorite apps.

DISCLAIMER: The list of apps below is provided for general information purposes only. The use of these apps is at your own risk. You should not use any of these tools without first seeking other professional advice. This list below does not imply that any individual at East Kootenay Addiction Services is in endorsement of or agreement with, any individual app. Sharing this list does not imply therapeutic advice; please seek professional assistance if you are struggling with any of the concerns listed below.

## Substance use recovery



### **Addicaid**

Addicaid is a new way to begin or maintain your recovery. Addicaid caters to moderation management and sobriety. Find and rate meetings, track your progress with custom daily goals with the support of the online intimate community. Stay inspired and motivated with curated news, videos, and music feed.



### **AlcoDroid Alcohol Tracker**

AlcoDroid is an alcohol consumption tracker, drinks diary and blood alcohol content calculator. It helps you get a better handle of what you drink and change your drinking habits. Optionally it also tracks costs of your drinks. AlcoDroid also provides an estimate of your blood alcohol content (BAC) based on the drinks you've logged, plots your BAC development in a chart and indicates when you get below the legal limit or back to sobriety



### **IMQuit - Quit addiction**

IMQuit can help you trace your behavior and give you a clear overview about your recovery process. You can compare with your history record and share your success with your friends.



## SMART Recovery Cost Benefit Analysis

SMART Recovery® is: Self-Management And Recovery Training.

The SMART Recovery Cost Benefit Analysis (CBA) is a tool for helping people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, sexual addiction, and problem addiction to other substances and activities.



## SoberTool

This app is geared to relapse prevention. It teaches the user how to identify thoughts and feelings which can lead to relapse. Then it leads the user to a daily reading geared to what they are currently experiencing which helps change "relapse" thinking into "sober" thinking. It also calculates sober time and money saved staying sober.

## Mental Health



## Fear tools

FearTools is an evidence-based app designed to help combat anxiety. This application is especially useful for those suffering from Generalized Anxiety Disorder, Phobias, and Social Anxiety Disorder.

FearTools contains several useful tools. They include:

- Thought Diary - Challenge and reframe your unhelpful thoughts with this cognitive therapy technique
- Exposure - Overcome your fears with gradual exposure, an effective behavioral therapy technique
- Breathe - Relax with this simple and customizable paced breathing tool
- Information - Read information, follow self-help guidelines, and find additional resources
- Test - Take the GAD-7 anxiety questionnaire and track your symptom severity over time
- Video - Discover helpful YouTube videos that can improve your mood and behavior, from guided meditations to enlightening TED talks



## Mood tools

MoodTools is designed to help combat depression and alleviate your negative moods, aiding you on your road to recovery.

MoodTools contains several different research-supported tools. They include:

**Thought Diary** - Improve your mood by analyzing your thoughts and identifying negative / distorted thinking patterns based on principles from Cognitive Therapy

**Activities** - Regain your energy by performing energizing activities and tracking your mood before and after, based on Behavioral Activation Therapy

**Safety Plan** - Develop a suicide safety plan to keep you safe and utilize emergency resources during a suicidal crisis

**Information** - Read information, a detailed self-help guide, and find help with internet resources

**Test** - Take the PHQ-9 depression questionnaire to track your symptom severity

**Video** - Discover helpful YouTube videos that can improve your mood and behavior, from guided meditations to enlightening TED talks



## What's Up? – A mental health app

**What's Up?** is a free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!



## Mindshift

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: Making Sleep Count, Riding Out Intense Emotions, Test Anxiety, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic and Conflict

## Overdose Prevention



### **Opioid overdose prevention**

Innovative Mobile app that helps people understand what to do if a family member or friend overdoses on heroin or opioid pain medications. Easy and intuitive interface for the Five Essential Steps for First Responders.

## Tobacco Reduction



### **Quit smoking quit now!**

QuitNow! will inform you about the time since you last cigarette, the money saved and the evolution of your health improvements as per the World Health Organization indicators. QuitNow! empowers your will by allowing to share your achievements with your friends on social networks.

## Mindfulness



### **Headspace: Guided meditation**

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day



### **Calm: Meditation**

This app offers meditation skills, breathing and relaxation exercises. Tools to relax the body and improve sleep with calming nature scenes and music.

## Changing our Thinking



### **Happify**

Break Old Patterns, Form New Habits. How you feel matters! Whether you're feeling sad, anxious, or stressed, Happify brings you effective tools and programs to help you take control of your feelings and thoughts



### **Stigma – Journal and Mood Tracker**

Stigma provides you a safe way to build your support network, journal what's on your mind, and keep track of your mood. We want to live in a world where technology enables us to better manage our mood. A place where no one feels socially isolated, and where people dealing with mental health issues do not face a stigma.



### **CBT Thought record diary**

Do you feel like you're stressed, anxious, sad, frustrated, or unmotivated? The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. With a thought diary, you can document your negative emotions, analyze flaws in your thinking, and re-evaluate your thoughts. It may even help you recognize ways to deal with your negative behaviors and emotions.

Thought Diary will help you evaluate, understand, and change your thoughts and feelings. Using this application, you can work to identify your emotions, analyze how and why you're feeling this way, challenge those negative beliefs, and change your thinking patterns for future situations.