

5 FREE APPS TO HELP COPE WITH BACK-TO-SCHOOL ANXIETY

BOOSTERBUDDY



What it does: The BoosterBuddy app is the first of its kind to use a game to help youth experiencing psychosis, anxiety or depression.

BoosterBuddy uses video game design elements that guide users through a series of daily quests to help establish and maintain positive habits.

Visit viha.ca to download.

MINDSHIFT



What it does: MindShift is an app designed to help teens and young adults cope with anxiety.

MindShift users learn how to relax, develop more helpful ways of thinking and identify active steps that will help them take charge of their anxiety.

Visit anxietybc.com to download.

ALWAYS THERE

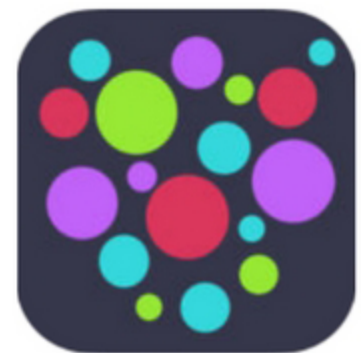


What it does: The Always There app provides a password protected space for users to log their feelings and flip through youth-submitted tips, inspirational quotes and jokes aimed at helping youth cope with stress.

Users can also access information on a variety of emotional health topics and connect directly with a Kids Help Phone counselor over the phone or through live chat.

Visit kidshelpphone.ca to download.

THINKFULL



What it does: The thinkFull app helps users manage stress by offering a rich library of life tips to help relieve stress, solve problems and live well.

By recording stress levels, the app helps build self-awareness to allow a user to learn when they're most stressed and why. The app also offers personalized suggestions and recognizes long-term patterns in stress.

Visit thinkfull.ca to download.

LIFELINE



What it does: The LifeLine app offers access and guidance to support those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide.

The app also provides awareness education and prevention strategies to guide people in crisis.

Visit thelifelinecanada.ca to download.