

# Behavioral Health Self-Help Guide

## Free Apps & Resources\*

The following tools have been used and selected as a result of positive feedback from CHA patients.

### Apps for children & adolescents

APP	USED FOR	HOW IT MAY HELP	KEY FEATURES
 <p><b>Breathe, Think, Do with Sesame</b></p>	<p>Ages 2-5</p>	<p>Teaches skills such as problem-solving, self control and coping.</p>	<p>Intended for parents and caregivers to have fun with their child while learning skills to solve everyday problems. Explore hands-on tasks with unique, everyday challenges.</p> <p><b>Learn fun ways to help kids:</b></p> <ul style="list-style-type: none"> <li>• take deep breaths</li> <li>• think of plans</li> <li>• understand mindful vocabulary</li> </ul>
 <p><b>Mindshift</b></p>	<p>Ages 7+ Pre-teen+</p> <p>Anxiety and Depression</p>	<p>Set goals and learn to manage your anxiety, relax and be mindful.</p> <p>Pre-teen+</p>	<p>Discover simple strategies to tackle anxiety, worry, panic and phobias with Cognitive Behavioral Therapy (CBT).</p> <ul style="list-style-type: none"> <li>• Write thought journals</li> <li>• Listen to calming audio</li> <li>• Set mindful goals to keep you on track</li> </ul>
 <p><b>SuperBetter</b></p>	<p>Ages 13+</p> <p>Anxiety and Depression</p>	<p>Play games to help with self-care and coping</p>	<p>Build resilience, achieve goals, tackle anxiety, stress, depression and more with fun games. Learn to improve relationships and overcome life challenges by joining the SuperBetter community.</p>
 <p><b>COVID Coach (VA)</b></p>	<p>Ages 14+</p> <p>Anxiety (COVID era)</p>	<p>Stay healthy, connected and safe while increasing your well-being during the COVID-19 pandemic.</p>	<ul style="list-style-type: none"> <li>• Mood and progress tracking tool</li> <li>• Information about coping and adapting</li> <li>• <b>Available in Spanish</b></li> </ul>
 <p><b>MyLife</b> (formerly Stop, Breathe &amp; Think)</p>	<p>Ages 16+</p> <p>Stress &amp; Anxiety</p> <p>Mindfulness</p> <p>Sleep</p>	<p>A fun and easy intro to mindfulness practice through short, guided meditations.</p>	<ul style="list-style-type: none"> <li>• 30+ free guided mindfulness meditations and yoga videos</li> <li>• Interactive tool to track your emotional/physical experience</li> </ul> <p><b>Note:</b> Requires monthly subscription to unlock premium features</p>

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 <p><b>Querida Ansiedade</b></p>	<p>Ages 13+ Anxiety &amp; Stress</p> <p><b>Portuguese</b></p>	<p>Simple and brief exercises for anxiety, mood and behavior management.</p>	<p>Access ways to self-awareness, calm during anxiety attacks and listen to podcasts featuring topics such as anxiety, sleep, addictions, and self-compassion.</p>
 <p><b>Calm Harm</b></p>	<p>Ages 12+ Pre-teen+</p> <p>Supporting people through urges to self-harm</p>	<p>Resisting and managing the urge to self-harm.</p>	<p>Explore tools to help manage the need to self-harm.</p> <ul style="list-style-type: none"> <li>• <b>Distract:</b> learn self control</li> <li>• <b>Comfort:</b> care rather than harm</li> <li>• <b>Express Yourself:</b> release feelings in different ways</li> <li>• <b>Release:</b> safe alternatives to self-injury</li> <li>• <b>Breathe:</b> calm and take back control</li> </ul> <p>Short exercises</p>
 <p><b>Stay Quit Coach</b></p>	<p>Ages 17+ who are quitting smoking</p>	<p>Help to quit smoking and remain smoke-free.</p>	<p>Build a custom plan to help achieve your goal to quit smoking.</p> <ul style="list-style-type: none"> <li>• Use guided tools to cope with urges to smoke</li> <li>• Learn about risks and benefits and medications</li> <li>• Create motivational messages and track your progress</li> </ul>
 <p><b>Recovery Record</b></p>	<p>Ages 12+</p> <p>General eating, weight and shape concerns</p>	<p>Managing eating disorders, weight and shape concerns.</p> <p>Eating disorders (age 13+)</p>	<p>Discreetly manage your journey to recovery from eating disorders:</p> <ul style="list-style-type: none"> <li>• Log and plan meals</li> <li>• Learn coping skills</li> <li>• Create affirmations and wallpapers</li> <li>• Earn rewards</li> <li>• Track your progress</li> </ul> <p><b>NOTE:</b> CHA does not use the “secure messages” or patient tracking features. The logging is just for you.</p>

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