



Australian
National
University

Mental Health and Wellbeing Mobile Applications

Anxiety & Depression



Mindshift CBT



MoodMission

Breathing



Breathe2Relax

Mood Monitoring



Daylio



DBT Coach

Self-Injury and Suicidal Ideation



Calm Harm



Beyond Now Suicide
Safety Plan

Sleep



CBT-i Coach

Eating Disorders



RR: Eating
Disorder
Management

General



Clarity-CBT
Self-help Journal



Forest

Social Skills



PEERS