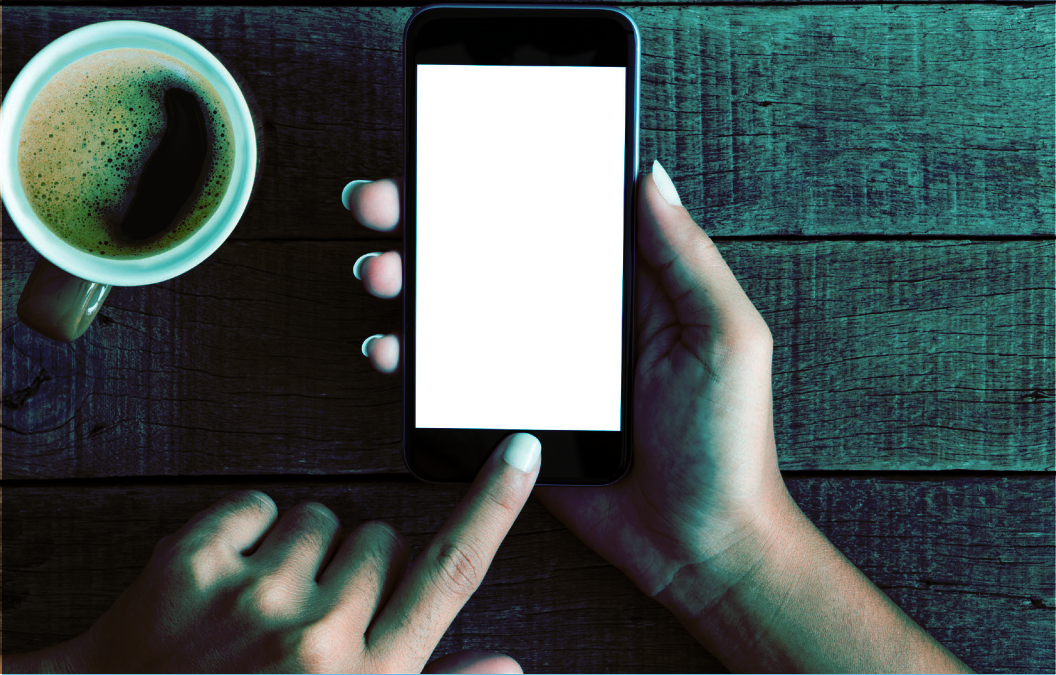


Edition 3



The Peers' Guide to
Behavioral Health Apps

“Tested and Suggested”
by KernBHRS Consumers



Behavioral Health



Introduction

This guide features useful phone and internet apps promoting wellbeing. The apps have been researched and tested and found to promote physical and emotional health and mindfulness.

The San Bernardino County Department of Behavioral Health (DBH) hopes this resource will take the hassle out of searching through hundreds of apps.

DBH thanks Kern County for creating this App booklet.



This brochure will be reviewed and updated on an annual basis.
Last review was March 2021

Please send any suggestions for apps to be considered to
AppGuide@kernBHRS.org.

For archived apps



The apps in the brochure are not official selections for the Help@Hand project. This brochure was created by Kern County with funding from Help@Hand, the county you received this from may not be an official participant of Help@Hand. For more information, visit helpathandca.org.

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Stay Alive

Is a pocket suicide prevention resource full of useful information, including a safety plan, customizable reasons for living, and a life box where you can store photos that are important to you. The app was developed by Grassroots Suicide Prevention, a charity that supports communities to prevent suicide. *(New; 17.7 MB; Multiple languages)*



Petit BamBou

Guided mindfulness programmers help you discover or explore meditation, regardless of your experience level. The application is suitable for both adults and children so the entire family can learn to meditate. *(New; 158.4 MB; Spanish)*



SAM (Self-help for Anxiety Management)

Helps you to understand what causes your anxiety, monitor your anxious thoughts and behaviors over time, and manage your anxiety through self-help exercises and private reflection. *(31 MB; English)*



Calm Harm

Provides tasks to help you resist or manage the urge to self-harm. “Distract” helps in learning self-control; “Comfort” helps you care rather than harm; “Express Yourself” gets those feelings out in a different way; and “Release” provides safe alternatives to self-injury. There is also a “Breathe” category to help calm and get back in control. *(New; 10.1 MB; English)*



Clear Fear

This app uses a Cognitive Behavioral Therapy framework to help you change anxious thoughts and emotions, alter anxious behaviors, and calm fear responses. It also has helpful descriptions of the different types of anxiety, resources, and a grit box to boost resilience. *(New; 109.8 MB; English)*



Braindom

Improve your brain skills through this app's series of tricky brain teasers. Different riddles will challenge your mind, and each brain teaser is unique, creative and designed to push your thinking limit. *(New; 210.6 MB; English)*



Smiling Mind

Developed by psychologists and educators, this app aims to bring balance into your life. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind. *(New; 56.9 MB; English)*



Duolingo

Learn 35+ languages through quick, bite-sized lessons in this free app. Practice speaking, reading, listening, and writing to build your vocabulary and grammar skills. *(New; 135.1 MB; Spanish)*



Super Better

Build resilience and optimism when faced with change and difficult challenges. Playing this app unlocks heroic potential to overcome tough situations and achieve goals. *(17.9 MB; English)*



Combined Minds

Using a 'Strengths-Based' approach, this app focuses on the positive attributes of a user and builds their resourcefulness and resilience. It helps families and friends find ways to provide the right environment to help the individuals they support affect their own change. *(New; 147 MB; English)*



Mindfulness Coach

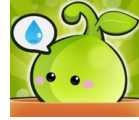
This app was developed to help you learn how to practice mindfulness. It offers exercises, information, and a tracking log so that you can optimize your practice. It can help with anxiety, depression, PTSD and stress. *(174.6 MB; English)*



For the Body

Plant Nanny 2

A water reminder app with a twist. It gives you an adorable, cartoon plant to care for. Every time you drink water, you help the plant grow. (242 MB; English)



Yoga for Beginners

Yoga is a great way to relax and melt the stress away. This is the perfect app to get you started in yoga and take control of your health and fitness. Workout on your schedule with handcrafted sessions and practice yoga every day! (New; 117.6 MB; English)



FoodT

If you want to eat less unhealthy food or lose weight, this app can help you reach your goals. Answer a few questions before and after you play so that its research team can see whether it helps you reduce your food intake, cravings, and weight. (New; 24.6 MB; English)



Happy Not Perfect

When our minds are clear and collected, we feel better, sleep better, and make better decisions. Using simple exercises to boost your mental well-being, this app is your go-to-place for everything you need to look after your mind in a fun new way. (New; 246.2 MB; English)



Wana

This community platform fosters hope, direction, and healing for people with chronic and invisible illnesses. No matter what illness you face, Wana will remind you – every time you log on – that you are not alone. (New; 51.7 MB; English)



Simple Habit

This app's wellness & sleep therapy sessions offer guided mindfulness and meditation, daily motivation, guided sleep sessions, and coaching by world-renowned experts. The sessions are also personalized for the way you live your life. (New; 229.3 MB; English)



The Mindfulness App

Whether you are just starting out or experienced in meditation, this app will help you to become more present in your daily life. Start your journey to a more relaxed and healthier state of mind. (New; 104.4 MB; Spanish)



WRAP (Wellness Recovery Action Plan)

People who use this app say they feel better more often and their overall quality of life has improved. Over time, they have found that it can be adapted easily to deal with any situation that impacts mental or physical health or substance use. (45.2 MB; English)



The Virtual Hope Box (VHB)

Contains simple tools to help participants with coping, relaxation, distraction, and positive thinking. Designed to be used as an accessory to treatment, a user can work with their provider to personalize the content according to their specific needs. (49.9 MB; Spanish)



Antistress

Play the most relaxing games to release stress or anger. This is a pack of free anti-stress games that includes a bubble popper, bubble wrap and fidget spinner. (316.7 MB; English)



Shine app

This is a No. 1 self-care app created by women of color. Learn a new self-care strategy every day, get support from a diverse community, and access an audio library of original meditations, bedtime stories and calming sounds to help you shift your mindset or mood. (New; 98.3 MB; English)



Gratitude Happiness Journal

It was built out of a personal need to cope with anxiety and depression, improve mental health, and bring about self-change. Through the app, you will realize that there are many reasons to be grateful, and your self-esteem will be elevated. (New; 82.2 MB; Spanish)



Haven

This mindfulness app provides positive affirmations to help rewire your brain through positive thinking. Reduce your stress, improve your mental power, and increase your confidence. (New; 20.2 MB; English)



For Veterans & Families

Anger & Irritability Management Skills (AIMS)

Designed for anyone coping with anger problems. The app provides users with education about anger, opportunities to find support, options to create an anger management plan, anger tracking, and tools to help manage angry reactions. AIMS helps with anger, mood and PTSD. (160.4 MB; English)



Life Armor

This app's touch-screen technology allows the user to browse information on 17 topics, including sleep, depression, relationship issues and post-traumatic stress. It helps with anger, anxiety, family concerns, depression, PTSD, and sleep issues. (41.1 MB; English)



MoodTools

Helps you combat depression and alleviate your negative moods to aid you on your road to recovery. This free app was designed through a collaboration with multiple mental health professionals and is a purely non-profit venture aimed at helping people suffering from clinical depression. (New; 25.8 MB; English)



PTSD Coach

This app's goal is to help veterans and military service members who have or may have Post-Traumatic Stress Disorder (PTSD). It provides users with education and a self-assessment for PTSD, information about professional care, where to find support, and tools that can help users manage the stress of daily life with PTSD. A new feature includes a self-guided safety plan for suicide prevention. (144.7 MB; Spanish)



Sesame for Military Families

Access engaging bilingual videos, articles, storybooks, parent guides, and more to help you support your preschool and school-aged children as they encounter transitions common to military families. (New; 4.6 MB; Spanish)



PTSD Family Coach

This app is geared for family members of a person living with Post-Traumatic Stress Disorder (PTSD). It helps a person manage PTSD, including mindfulness exercises as well as tools to help re-build social networks and help with difficult thoughts and emotions. (New; 144.9 MB; English)



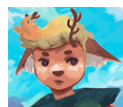
iHeal Because iFeel

Helps you heal from grief through mindfulness techniques like meditation, calendaring, and journal exercises. The goal is to make the pie chart look like a rainbow to help you understand where you may be getting stuck and help yourself move forward. *(New; 274.1 MB; English)*



Apart of Me

This game is designed to help you cope with the death of a loved one. Through this app, help Foshan and his friends find peace by catching fireflies, discovering stories of loss and love in the cave, learning to be kind to yourself by the rockpool, and completing real-world quests. *(New; 225.5 MB; English)*



Grief Support Network

Developed by the team of volunteers and supporters from www.MyGriefAngels.org, this app includes features that they searched for but could not find during their own grieving process. Users are known as “Grief Angels,” and help and support others through their grief. *(New; 22.3 MB; English)*



Everyday Racism

Play this immersive game over seven days to gain insight into racial issues through someone else’s eyes. You will experience what life can be like for ethnic and cultural minorities who face subtle forms of racism every day. Find out how you will respond. *(New; 41.3 MB; English)*



Culture and Countries

Join other players while you learn new facts about different cultures and countries. This app contains 450 questions divided into three categories: The Americas, Europe & Africa, and Australia & Asia. *(New; 70.8 MB; English)*



Cultural Awareness Project

This app was created as a tool to provide San Diego officers with important cultural knowledge and perceptions of law enforcement that stems from past experiences in other countries or circumstances. The goal is to reinforce the trust between law enforcement and our diverse community as well as to encourage cooperation in current and future encounters with the police. *(New; 31.6 MB; English)*



All apps featured in this booklet are available in





Substance Use Disorder Screening, Assessment & Referral Center

What is a substance use disorder?

A substance use disorder (SUD) is a disease that can negatively affect your whole life.

Living with a SUD leads to uncontrollable use of alcohol and/or other drugs, despite negative and painful consequences. A person's genes, peer pressure, emotional distress, anxiety, depression, and environmental stress can all be factors.

Common problems with SUD are often health, disability, money and/or failure to meet responsibilities at work, school, or home.

What is SARC?

The Screening, Assessment and Referral Center (SARC) is a confidential, free, 24-hour-a-day, 365-day-a-year phone line for youth, adults and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Screening, Assessment and Referral Center (SARC)

850 E. Foothill Blvd.
Rialto
(800)968-2636





Local Wellness Services for Young Adults

One Stop Transitional Age Youth (TAY) Centers

One Stop TAY Centers help young adults (ages 16-26) focus on their goals for employment, career, and education by providing services and resources including individual and group counseling, meals, showers, and phone and internet services. For more information about One Stop TAY Center services, visit www.sbcounty.gov/dbh or call/visit a center near you:

**San Bernardino
One Stop TAY Center**
780 E. Gilbert St.
San Bernardino
(909) 387-7194

**Victor Community Support Services
Victorville TAY Center**
15400 Cholame Rd.
Victorville
(760) 243-5417

**Mental Health Systems
Ontario One Stop TAY Center**
316 E. E St.
Ontario
(909) 983-4466

**Valley Star Community Services
TAY One Stop Center**
58471 29 Palms Hwy., Ste. 102
Yucca Valley
(760) 853-4888



Behavioral Health

**For more information on
behavioral health services in
San Bernardino County, call
(888) 743-1478 or visit
sbcounty.gov/dbh**

Disclaimer:

This booklet is designed for informational purposes only. It is not intended to replace therapists, doctors or prescribed medications. It is a resource to assist with locating apps that may be helpful in your daily life.

Some apps in this guide may have associated charges and in-app purchasing available. It is important to note that all apps in this booklet were chosen in part based on the features available in the free version. We do not endorse the purchase of add-ons to any app. To do so would be at your own risk.

DBH and its partner organizations do not endorse the use of any apps in place of proper treatment with trained professionals. Use these apps at your own risk.

If you are experiencing a life threatening emergency, call 9-1-1