Mental Health Apps/Support Groups

| **Anxiety** |
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| **Breathe2Relax:***Breathe2Relax is a portable stress management tool that provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.* | [iPhone](https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8)[Android](https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en)Free |
| **Complete Relaxation: Guided Meditation for Anxiety:***Using the latest meditation techniques, Complete Relaxation eases every muscle in the body, allowing users to sleep well, relax and find a little more peace in their life.* | [iPhone](https://itunes.apple.com/us/app/complete-relaxation-lite-guided/id552797883?mt=8)Free |
| **MindShift:***MindShift is an app designed to help young adults cope with anxiety. It can help users learn how to relax, develop more helpful ways of thinking, and identify active steps that will help them take charge of their anxiety.* | [iPhone](https://itunes.apple.com/us/app/mindshift/id634684825?mt=8)[Android](https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en)Free |
| **Pacifica: (Now called Sanvello for Stress & Anxiety)***Stress, anxiety, and depression can get in the way of living life. Pacifica gives users psychologist-designed tools to address them based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation, and mood/health tracking.* | [iPhone](https://itunes.apple.com/us/app/pacifica-anxiety-stress-depression/id922968861?mt=8)[Android](https://play.google.com/store/apps/details?id=com.pacificalabs.pacifica&hl=en)Free |
| **Self-help for Anxiety Management:***SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible and practical resource.* | [iPhone](https://itunes.apple.com/us/app/self-help-for-anxiety-management/id666767947?mt=8)[Android](https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en)Free |
| **Stop Panic & Anxiety Self-Help:***The info in this app assumes that the user is suffering from panic attacks due to panic disorder. It may not be applicable to other forms of anxiety. It focuses on the fear of having a panic attack and the fear of the sensations when having a panic.* | [Android](https://play.google.com/store/apps/details?id=com.excelatlife.panic&hl=en)Free |
| **The Worry Box:***Use the worry cognitive diary to help determine how to cope with worry. If it’s controllable, users can list the steps they can take to manage the worry. If it’s not controllable, users can select from the list of coping statements to help them think about it differently.* | [Android](https://play.google.com/store/apps/details?id=com.excelatlife.worrybox&hl=en)(Not found on iphone or Android, 3/25/20) |
| **Worry Watch – Anxiety Journal:***Worry Watch is a unique journal app designed to capture and reflect on momentary self-realizations. By logging “what might happen” perception and then tracking it to “what did happen” reality, users may get a deeper understanding of their worry/anxiety patterns.* | [iPhone](https://itunes.apple.com/us/app/worry-watch-anxiety-journal/id693833917?mt=8)$3.99 |
| **wayForward:***Uses scientific techniques of cognitive behavioral therapy to help beat anxiety and stress related to work, relationships, family and other personal situations.* | [iPhone](https://itunes.apple.com/us/app/wayforward/id1007024046?mt=8)[Android](https://play.google.com/store/apps/details?id=com.psyinnovations.wayforward.app&hl=en)Free |
| **Molehill Mountain:***Use Molehill Mountain to explore the causes and symptoms of anxiety:**- Track your worries and the situations that trigger anxiety.**- Get evidence-based daily tips to understand more about anxiety.**- Feel more confident to self-manage anxiety.**Molehill Mountain is engaging, easy-to-use and secure. Developed with autistic people, the app is based on adapted CBT principles.* | [iPhone](https://apps.apple.com/us/app/molehill-mountain/id1407304564)[Android](https://play.google.com/store/apps/details?id=uk.co.mymolehillmountain.autistica)Free |

| **Depression** |
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| **Cognitive Diary CBT Self-Help:***These self-help methods use the tools of cognitive-behavioral therapy to challenge irrational thinking. The cognitive diary helps you to determine some ways to challenge the irrational thinking. Once you have done that, it is important to read the rational challenges frequently until they automatically come to mind rather than the irrational thinking.* | [Android](https://play.google.com/store/apps/details?id=com.excelatlife.cbtdiary&hl=en)Free |
| **MoodTools – Depression Aid:***MoodTools is designed to help users combat depression and alleviate negative moods, aiding them on their road to recovery.* | [iPhone](https://itunes.apple.com/app/id1012822112?mt=8)[Android](https://play.google.com/store/apps/details?id=com.moodtools.moodtools)Free |

| **General Mental Health Wellness** |
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| **MoodKit:***MoodKit is a one-of-a-kind app designed to help users apply effective strategies of professional psychology to their everyday life! This app helps users take action to improve your life, feel better by changing how you think, rate and chart your mood to monitor progress, and develop self-awareness and healthy attitudes.* | [iPhone](https://itunes.apple.com/us/app/moodkit-mood-improvement-tools/id427064987?mt=8)$4.99 |
| **Happify: For Stress & Worry***Happify's science-based activities and games can help you overcome negative thoughts, stress, and life's challenges.**Our techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy for decades.* | [iPhone](https://apps.apple.com/us/app/happify-for-stress-worry/id730601963)[Android](https://play.google.com/store/apps/details?id=com.happify.happifyinc&hl=en_US)Free |

| **Mindfulness/Relaxation** |
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| **Calm: Meditation to Relax, Focus and Sleep Better:***Calm is an app for mindfulness and meditation to bring more clarity, joy and peace to users’ daily life. Join the millions experiencing less anxiety and better sleep with our guided meditations, breathing programs and Sleep Stories.* | [iPhone](https://itunes.apple.com/us/app/calm-meditation-to-relax-focus-sleep-better/id571800810?mt=8)[Android](https://play.google.com/store/apps/details?id=com.calm.android&hl=e)Free app; subscription is $70/yr |
| **Headspace:***This app helps those wanting to learn meditation skills to reduce anxiety/ stress and improve their attention/awareness.* | [iPhone](https://itunes.apple.com/us/app/headspace-guided-meditation/id493145008?mt=8)[Android](https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en)Free |
| **iQuarium:***For everyday stress, iQuarium is more than enough to relax. Chill out while watching your Parrot Chichlid fish swimming in its tank, feed it, play with it, interact with it or... do nothing - just listen to your own relaxing music and the air bubbles climbing up slowly to the water surface and let iQuarium soothe you and calm you down.* | [iPhone](https://itunes.apple.com/us/app/iquarium/id486736110?mt=8)[Android](https://play.google.com/store/apps/details?id=pl.idreams.iQuarium&feature=search_result%20AND%20%20http://itunes.apple.com/us/app/iquarium/id327568470?mt=8)Free |
| **Nature Sounds Relax and Sleep:***Want to relax for 10 minutes during the day at home or in office? Want to improve brain work? Or may be want to dream about beautiful nature landscapes? Increase concentration? Then choose from a list nature relaxing sounds, which include thunder, ocean sounds, sea, birds sounds, rain, night in jungle, water sounds, waterfall, nature and start your personal audio therapy.* | [Android](https://play.google.com/store/apps/details?id=com.zodinplex.naturesound&hl=en)Free |
| **Relax Melodies: Sleep Sounds:***Relax Melodies and its many features such as high-quality white noise sounds, music melodies and complete customizable mixes will help users sleep like never before!* | [iPhone](https://itunes.apple.com/us/app/relax-melodies-sleep-zen-sounds/id314498713?mt=8)[Android](https://play.google.com/store/apps/details?id=ipnossoft.rma.free&hl=en)Free |
| **Stop, Breathe & Think:***Stop, Breathe & Think allows users to check in with their emotions and recommends short guided meditations, yoga and acupressure videos tuned to how you feel.* | [iPhone](https://itunes.apple.com/us/app/stop-breathe-think/id778848692?mt=8)[Android](https://play.google.com/store/apps/details?id=org.stopbreathethink.app&hl=en)Free |
| **The Breathing App:***The Breathing App is inspired by resonance, the scientific name that describes what happens when our heart rate, heart rate variability, blood pressure, and brainwave function come into a coherent frequency. It occurs spontaneously when we breathe at a rate of five to seven breaths per minute (instead of our usual 15-18). It results in a calm, restful alertness and many other benefits.* | [iPhone](https://apps.apple.com/us/app/the-breathing-app/id1285982210)[Android](https://play.google.com/store/apps/details?id=org.ayny.breathingapp&hl=en_US)Free |
| **Breethe, Meditation & Sleep:***Choose from a wide variety of content to help you get the restful sleep you need: sleep music playlists, nature sounds, guided meditations, bedtime readings, hypnotherapy sessions, etc**Deal with life’s challenges with guided meditations series, inspirational talks and masterclasses from mindfulness coach Lynne Goldberg & New York Times bestselling personal growth experts.* | [iPhone](https://apps.apple.com/us/app/breethe-meditation-sleep/id920161006)[Android](https://play.google.com/store/apps/details?id=com.Meditation.app&hl=en_US)Free |
| **Headspace: Meditation & Sleep:***Get happy. Stress less. Sleep soundly. Headspace is your guide to everyday mindfulness in just a few minutes a day. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health — including short SOS meditations for when you’re on the go.* | [iPhone](https://apps.apple.com/us/app/headspace-meditation-sleep/id493145008)[Android](https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en_US)Free |

**Support App**

**Identifor Companion:**

Adults with special needs have stated that managing course schedules (including exam dates, labs, etc.) and returning from scheduled breaks can be especially challenging in everyday life. Identifor created the "Companion" app to help teens and adults address these challenges, and many more!

The Companion app is a 24/7 personalized aide for teens and adults with special needs. It uses Abby - our artificial intelligence avatar - to have real back-and- forth conversations with the user.

Abby is different than the other artificial intelligent personal assistants you may have used, like Siri or Alexa. Abby is specifically designed to support someone in a direct and meaningful way. Here are some examples of what she knows, or you can ask Abby your own question using the icon in the bottom-right corner.

**Social Support Groups**

**Autism Society of Nebraska:** <https://autismnebraska.org/lincoln/>

Autism Society of Nebraska (ASN) **– Lincoln Autism Support Network**

**Lincoln Adult Social Support Group** meets monthly on the fourth Wednesday of the month from 6:30-8:00 pm at Williamsburg Behavioral Health on 3801 Union Drive.

If you are interested in this group contact asnlincoln@autismnebraska.org

Visit us on Facebook at <https://www.facebook.com/ASNLincoln/>. **Also available in Grand Island/ Kearnedy/ Norfolk/ North Platte/ Omaha/ Scottsbluff.**

<http://pti-nebraska.org/>

Provide training, information and support to Nebraska parents and professionals who have an interest in children ages birth through twenty-six, who receive or should receive special education or special health related services.

<http://tothewind.org/what-is-equitherapy/>

equine-assisted activities for people who have physical, emotional, cognitive, and social difficulties. Equitherapy can include interacting with horses on the ground as well as therapeutic horseback riding activities.

**Autism Action Partnership:** <https://autismaction.org/resource-center/support-groups/>

**Autism Society of Nebraska Adults on the Spectrum Support Group (Ages 18 & up)**

Our Adult Social Group is open to individuals with an autism diagnosis or those who suspect themselves to be on the spectrum. We meet on the third Thursday evening of the month from 6:30 pm to 8:00 pm at the UNO Barbara Weitz Community Engagement Center. Parking is available in Lot E just north of the Community Engagement Center (CEC, University of Nebraska at Omaha, 6001 Dodge Street). Light snacks are served. If you have any questions, call 1-800-580-9279.

##### **ASN Teens/Adults on the Spectrum Support Group (Ages 12-22)**

Join other middle school students, high school students and young adults for our monthly Social Group on the second Saturday evening of the month from 7 pm to 9 pm in the lower level of the Autism Center of Nebraska, 90th and Q. We have snacks and beverages, play video and board games, watch movies and do craft activities while hanging out with friends. If you have any questions, call 1-800-580-9279.

### **CHADRON**

##### **Autism Parent Support Group**

Joni King is a parent who was involved in the Autism Support Group PETALS, which is no longer meeting. She has many resources available that benefit families with children on the spectrum. Call her if you have questions pertaining to your child with autism at 308-430-1597.

### **FREMONT**

##### **Fremont Autism Support Group**

The Fremont Autism Support Group has quarterly meetings. Please contact Theresa Muhle at **theresa.muhle@fpsmail.org** **or 402-727-3173.**

### **GRAND ISLAND**

##### **Grand Island Area Autism Support Group**

The Grand Island Area Autism Support Group meets the second Sunday of the month at Third City Christian Church located at 4100 West 13th Street. Meetings are from 2:30 to 4:30 p.m. Contact Andrea Beck at 402-679-1115, 308-687-6270, or **asn\_grandisland@autismnebraska.org** **for more information. Childcare is available – call Bridget at 308-381-8844 to arrange**

### **HASTINGS**

##### **Hastings Autism Resource Team- HART**

HART is a parent support group that meets once a month during the school year. Meetings are typically held the second Thursday of the month from 6:30 to 8:00 p.m. at one of the local schools. For more information contact Kathie DeTour at **kdetour@esu9.org** **or 402-461-7520.**

### **KEARNEY**

##### **Autism Support Group of Kearney (ASK)**

ASK meets the third Sunday of the month from 3:00 to 4:30 p.m. on the second floor of the Kearney Public Library, 2020 1st Avenue. Contact Jodi Richards at 402-469-4763 or **jrichards@familiescare.org****. This group does not meet over the summer. Meetings resume in September.**

##### **Autism Society of NE Kearney Support Network**

Meets every 3rd Thursday at First United Methodist Church, 4500 Linden Drive in the upstairs Sojourners Room from 7:00 to 8:30 p.m. Childcare is available, siblings included. Email if childcare is needed, 3 days before meeting so appropriate supervision will be available: Heidi at **asnkearney@autismnebraska.org****.**

### **LINCOLN**

##### **Autism Family Network (AFN)**

This Lincoln-area support organization meets monthly. It alternates months between family fun events and informative events with relevant speakers on topics of interest. Fun events are usually held in the community (swimming, skating, movies, children’s museum, etc.). Informational meetings usually take place the second Sunday of the month at Christ Lutheran Church at 44th and Sumner. Events are typically scheduled only about a month in advance. The best way to keep informed is to join the mailing list. Contact Cathy Martinez at afnlincoln@aol.com to receive emails concerning upcoming events or to be put on the postal mailing list. For more information, visit [www.autismfamilynetwork.org](http://www.autismfamilynetwork.org/).

##### **Asperger’s Parent Support Group**

This support group is for parents of children of any age with Asperger’s Disorder at Williamsburg Behavioral Psychology, 3801 Union Dr., Suite 206, Lincoln (just south of the Hy-Vee at 40th & Old Cheney)**.** You will be able to talk with other parents and professionals about your parenting challenges and issues. You will receive helpful support, feedback and education about how to cope who is diagnosed with Asperger’s Disorder. For more information call 402-489-2218, ask for Dr. Tapley or leave her a message.

### **SCOTTSBLUFF**

##### **Scottsbluff Support Group**

This group meets via a conference-call the first Monday of the month. They welcome parents from all of western Nebraska. For more information, please contact Vicki Rutter at 308-635-3696 or **vrutter@esu13.org****.**

### **SIOUX CITY, IA**

##### **Siouxland Autism Support Group**

This group meets each month to equip and empower families. Meetings are held second Thursday of the month from 6:30-8:00 p.m. at Northwest AEA Building, Room D, 1520 Morningside Avenue, Sioux City IA, 51106. [**Check their website**](https://sites.google.com/a/longlines.com/siouxland-autism/) **for any meeting or location changes. Email** **siouxlandautism@live.com** **for more information.**