

MENTAL HEALTH APPS

Below are five apps to track moods, find positive things to do and help you get through tough times. These apps in no way replace professional help. If you need to talk to a counsellor, call:

KSCS intake worker at 450-632-6880

Kids Help Phone at 1-800-668-6868

First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310

Calm.com

Voted Apple's App of the year in 2017. It provides meditations, mindfulness tips and strategies. There are videos on movement and stretching as well as music to promote relaxation, focus, and sleep.

Booster Buddy

It's a free app to help teens and young adults improve their mental health. You get a personal motivator who guides you through your day and encourages healthy habits to achieve your daily goals. You can track your moods, learn to cope, and keep track of appointments.

Relax Melodies

This app is designed for people who are stressed and anxious. It has over 50 sounds that you can mix together to create a soothing song. It also has tips to help those with sleeping issues.

Pacifica

Pacifica is designed as a daily tool to help people address stress and anxiety at a slow pace. It focuses on tracking moods, relaxation and wellness and helps to break the cycle of anxiety.

PTSD Coach Canada

Many of our people suffer from Post-Traumatic Stress Disorder due to racism, loss of culture, and multi-generational trauma. The app provides tools for tracking symptoms, ways to help handle stress and provides links to where you can get more support.



Brought to you by Kahnawà:ke Shakotii'a'takehnhas Community Services