

**Bedford Youth & Family Services**  
**Anxiety, Stress Reduction, Self-Injury Resources**

Apps To Help With Anxiety And Stress Reduction

Parents though these apps were recommended by a professional, they may not be right for your child or your family. Please check them out before you introduce them as a resource to make sure they are appropriate. Most are free.

- Relaxation/Mindfulness Apps  
Calm; Bowls (Tibetan Singing); OMG, I can meditate!; Pacifica; Sleep Pillow; Mindfulness; Breath2Relax; Sitting still (like a frog)
- Visual/Artistic Apps  
Koi Pond; Calm; Hypno; Aquarium live; Zen Garden; Sketch Master; Hair Color Dye; Color – type in “color”, many options
- Relaxing Music/Sound Apps  
Rain, Rain; Sleep Sounds; Relax Melodies; Relaxing Sounds; Sleep orbit; Dolphin sounds; White noise; Ocean waves
- Multi-Faceted Apps  
MoodTools – targets depression using education, thought diary, activities, safety plan, treatments  
MoodKit – comprehensive CBT app including emphasis on thoughts, social and physical activity, productivity  
Youper – Interactive, complex app  
CBT – i Coach – for insomnia
- Wave of the Future?  
Tec-Tec – a mobile app game – was developed by Joe Franklin and colleagues (2016)  
A brief mobile app “designed toward developing an effective SITB [self-injurious thoughts and behaviors] treatment on a very large scale”

From the Website [tectectech.com](http://tectectech.com):

“Tec-Tec is an app based on a psychological technique called evaluative conditioning. By continually pairing certain words and images, it changes associations with certain objects and concepts.

Within a game-like design, Tec-Tec seeks to change associations with certain factors that may increase risk for self-injurious behaviors...”

- On the The Topic Of Suicide  
National Suicide Prevention Lifeline ~ 1-800-273-TALK (8255) – English and Spanish ~ Live text response: 741741  
More Info: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)