

Mental Health Apps:

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1. **Breathe: Meditation & Sleep:** This app offers guided meditations designed to alleviate stress and encourage relaxation.
2. **Calm App:** Calm is an app designed to help with sleep, meditation, and relaxation, offering support and guidance to improve sleep quality, reduce stress, and ease anxiety.
3. **CBT Thought Diary:** Cognitive-behavioral therapy focuses on transforming emotions by recognizing negative and distorted thinking patterns. Using a thought diary, you record unhelpful thoughts, assess the evidence for and against them, and develop more balanced statements.

For more information on free mental health apps, please check out this website:

<https://psychcentral.com/blog/top-10-free-mental-health-apps#our-picks>