



Mental Health Apps with Subscription

- **[Calm](#)** (\$12.99/Month)
Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you.
- **[MoodKit](#)** (\$4.99)
MoodKit uses the foundation of Cognitive Behavioral Therapy (CBT) and provides users with over 200 different mood improvement activities. MoodKit helps you learn how to change how you think, and develop self-awareness and healthy attitudes. The journal feature is a great way to practice self-care by reflecting on the day, noting any distressing thoughts, and documenting how you overcame them.
- **[Twenty-Four hours a Day](#)** (\$5.99)
Based on the best-selling book of the same name, Twenty-Four Hours a Day offers 366 meditations from the book, making it easier for people in recovery from addiction to focus on sobriety wherever they are.
- **[IMood Journal](#)** (\$2.99)
Part personal journal and part mood tracker, IMoodJournal can be used to record everything from mood and symptoms, to sleep, medications, and energy cycles. By tracking these various factors, you're able to analyze your daily feelings through summary charts that indicate where your stress levels rise and fall.
- **[Worry Watch](#)** (\$3.99)
Worry Watch aims to help users identify their trigger points for anxiety, note trends in their feelings, reflect on when the outcomes were harmless, and change their irrational thinking patterns for the future. Think of it as your personal, password-protect, worry diary.
- **[Aura](#)**
Reduce stress & anxiety, improve focus, and sleep better using daily mindfulness meditations, life coaching, stories, and music. All personalized to you based on your mood.
- **[Buddhify](#)**
This app offers meditations that are categorized by what you're doing or how you're feeling. So you'll find guided meditations for walking, stress & difficult emotion, work break, going to sleep, waking up and many other different categories. The sessions last from 4 minutes all the way through to 30 minutes.