



# Your Mental Health is Important

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) leadership team recently reviewed 10 popular mental health apps. Each person picked an app to try for several weeks and then wrote a review. If you are looking to explore or recommend apps that address mental wellness, breathing, guided meditation and more, consider trying one of these apps to help decrease stress and promote a calm and peaceful mentality.

Reviewer	APP Name	Rating ★ 1 to 5	Basic Function and Summary Review	Fees Associated
Maggie Beetz	Simple Habit (IOS) <a href="#">Simple Habit</a> (Android) <a href="#">Simple Habit</a>	★★★	Simple Habit is a great app that is easy to use, offers personalization options and reminders. The guided meditations are terrific, and the soundscapes are lovely. The sound quality is great and visually it's nice too. The free version of the app is pretty limited though.	7-day free trial, \$29.99/year sale (was \$89.99/yr.
Marian Bland	Insight Timer (IOS) <a href="#">Insight Timer</a> (Android) <a href="#">Insight Timer</a>	★★★★	Provides 45,000 free guided meditation sessions, introduction courses, talks, music, and resources/activities for parents and their kids. There have a diverse group of teachers (7,000) with meditations focused on sleep, anxiety, work, fear, relaxation, prayer, self-esteem etc. They had beginner and advanced courses. They have 10 session courses, but a membership is required.  It tracks your milestones when you take 10 session courses, however, a membership is required.	Membership is \$59.99/year
Cynthia Petion	Calm (IOS) <a href="#">Calm</a> (Android) <a href="#">Calm</a>	★★★★★	This mindfulness app provides guidance for beginners to the very experienced person with relaxation skills. The Calm App is free. It offers a seven (7) trial days. You may choose guided or unguided sessions for meditation, sleep or relaxation.	After 7 days a subscription is required that ranges from \$12.99 a month to \$59.9 a year.
Kathleen Rebbert-Franklin	Headspace (IOS) <a href="#">Headspace</a> (Android) <a href="#">Headspace</a>	★★★★	Provides free 3, 5, or 10 minute guided meditation sessions. 10 sessions are free. The 10 free sessions are for beginners. They're good, but you can't repeat them once you go through all 10. If you're more advanced, you would want the package that has the annual fee.	Annual fee for longer medications/group session \$69.00 annually

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Iva Jean Smith	Breathe to Relax (IOS) <a href="#">Breathe to Relax</a> (Android) <a href="#">Breathe to Relax</a>	★ ★ ★	Easy to use. Mostly a breathing exercise to relax. Plays soothing music while the narrator tells you how to breathe. If you wear a fit bit or something similar, the app can monitor your heart rate. It has you rate your stress level before and after the breathing exercise.	Free
Aliya Jones	Morning Pages (IOS) <a href="#">Morning Pages</a>	★ ★ ★	This is a great app if you are interested in journaling and being more accountable with your writing. It gives you plenty of space to write and will count your words. It is a great way to clear your mind at the end or start of your day. It will also analyze your mood based upon your writing. I like that you can lock the journal with a code.  It's like a blank electronic notepad or journal.	\$29.00 annual fee
Kim Jones	Happify (IOS) <a href="#">Happify</a> (Android) <a href="#">Happify</a>	★ ★ ★ ★ ★	Happify is perfect for the person who wants to improve their positive outlet. This App identifies six skills that makes someone happy and then provides a variety of different activities for you to enjoy to improve your happiness. It has a lot of the same features as other apps like Calm and Headspace, and then some. It tracks your skills acquired (or Tracks activities completed).	Free, but for more tracks and activities you have to upgrade for \$15 per month.
Maria Rodowski-Stanco	Daylio (IOS) <a href="#">Daylio</a> (Android) <a href="#">Daylio</a>	★ ★ ★ ★	Tracks a variety of activities as well as mood. It is very good at prompting you to complete daily monitoring, even multiple times a day. Allows you to monitor across multiple domains and you can do some modifications beyond the pre-set categories without paying for enhancement.	Free
Marion Katsereles	Smiling Mind (IOS) <a href="#">Smiling Mind</a> (Android) <a href="#">Smiling Mind</a>	★ ★ ★ ★	This is a mindfulness app made easy. Just choose a program (think: mindful eating, concentration, sport, or sleep) and it'll set you up with 10-minute meditations, complete with reminders if you want to keep up your mindful moments. You can also listen to body scans, which help to bring your attention to how your body is feeling. One thing we love: the Australian-based app features accents from down under.	
Stephanie Slowly	My Life Meditation by-Stop, Breathe, Think (IOS) <a href="#">My Life Meditation</a> (Android) <a href="#">My Life Meditation</a>	★ ★ ★ ★	A daily check-in that starts with a deep breath and a minute to focus on what's going on in your mind and body. Check off how you feel, mentally and physically on a scale of rough to great, with an option to enter specific emotions. You'll get a list of meditations. You can set a time limit complete with chimes or sounds to assist you through your session.	Free