



Mental Health Resources for Youth

Youth from the HYI have created a list of resources that you might want to check out to increase your mental wellbeing during these unpredictable times

Quit That!

Quit That! is an app available on iOS (there is currently no version for Android) that helps you with addiction by tracking how much money you've saved by cutting an addiction to things like soda or candy. This is a great resource as it doesn't have ads, it is youth-friendly, and is easily accessed by download from the iOS App Store. It is useful for improving mental health as it makes you feel better through overcoming habits that you don't want anymore.

Mind shift

Mind shift is a free app for iOS and Android that helps with anxiety. It is designed specifically with teens and adults in mind and benefits people's mental health because it not only teaches you strategies to cope with anxiety but also things like perfectionism and phobias. You can access this resource by downloading it onto your electronic device and signing up.

Rise up

Rise up is a free app for iOS and Android that was designed to help people with an eating disorder. This app is effective in helping people recover as it is not a calorie tracker, but a journal where you write how you felt after every meal. You can also set custom reminders to encourage you every day. You can access this app by downloading it on your electronic device and logging on after every meal.

Stoic

Stoic is a free youth-friendly check-in app available on iOS that focuses on many different mental health categories such as gratitude, meditation, breathing, journaling, and quotes. Each morning and night, the app asks you questions that give you a chance to practice gratitude and reflect on all the good things in your life. We often forget about all the amazing things we have in our lives and it's helpful to reflect on what makes life good, even through tough times. Stoic offers a little bit of each mental health category as a good introduction to beginners who are just starting to work more on self-reflection and gratitude. In-app purchases are offered.



Mindfulness

Mindfulness is a free meditation app available on iOS and with many different guided meditations ranging from general meditations to specific programs for different purposes such as happiness and calming. Practicing meditation is a simple thing anyone can do to help improve their mental health. It only takes a few minutes out of your day and can help you feel a lot better.

Affirm It

Affirm It is an app that focuses on the law of attraction, which is a mindset that whatever you dream of and attract will come to you. The law of attraction can be done in many ways such as visualizing what you want, writing down affirmations, saying them out loud. This app has a selection of affirmations for different goals as well as videos to help you learn more about the law and meditations. It is a free app, available on iOS and Android.

Pinterest

Pinterest is a free app available on all app stores, also accessible on their website www.pinterest.com. This is an app that can help improve mental health as it allows you to make different collections or boards of photos. This is a great way to organize ideas and other positive messages, such as inspirational quotes, the law of attraction affirmations or even a vision board of what you want to see in your future. This app also enables you to share your boards with other people, or keep them private.

Canadian Mental Health Association

The Canadian Mental Health Association is an organization dedicated to improving mental health and fighting addiction. They offer a wide range of services and provide support to those living with mental illness and their families. Their website is a great resource because it provides information and support, and has helped over 1.3 million Canadians and youth with mental health issues. This organization can be accessed through its website, <https://ontario.cmha.ca>.

Youth Mental Health Canada

Youth Mental Health Canada is an organization that focuses on education and advocacy for youth mental health. They advocate for greater funding of needs-based innovative support and services, both in healthcare and education. Youth Mental Health Canada is a good resource because they raise awareness of youth mental health and provide a better support network. Their website provides helpful information and has a list of mental health resources during the COVID-19 outbreak that can be accessed at <https://ymhc.ngo/resources/covid-19/>.



Flora

Flora is a free app available on iOS that helps you control your screen time. It has a timer that is customizable to the amount of time you want to be off your phone and you virtually plant a seed when you start the timer. At the end of the time, if you succeeded, you have grown a virtual tree for your garden. If you go on your phone before the timer goes off, you automatically “kill” your virtual tree. This is a good resource to improve mental health as it helps with your productivity and also helps you put down your phone to spend quality time with your family without technology. Flora is accessible by downloading the app and signing in with a Facebook account.

Smiling Mind

Smiling Mind is a free app available on iOS and Android that is focused on meditation and mindfulness, and it guides you with its many programs, including ones made specifically for kids of all ages. This is a great resource for mental health because mindfulness has been proven to help reduce worries and anxiety, improve concentration, and helps regulate emotions. It's beginner-friendly and they recommend spending just 10 minutes a day meditating. They also have a new program called “Thrive Inside” which has been created for quarantine and helping people stay calm and healthy through staying inside for a long time.

Moodfit

Moodfit is a free app available on iOS that helps you improve your mood with a variety of tools. You can gain actionable insights into factors of your life like sleep, exercise, medications and more. By using the app, you can also create a set of daily goals to improve your mood and track things like sleep, exercise, nutrition, and more. The app includes a journal you can write in and strategies to practice gratitude.

What's Up? - A Mental Health App

What's Up? is a free app available on iOS and Android that helps you to cope with depression, anxiety, stress, and more. Use the positive and negative habit tracker to maintain your goal habits and break those that are counterproductive. The app also offers strategies to identify and overcome negative thinking patterns. In addition, the app has a “Get Grounded” page that contains over 100 different questions to keep you grounded and in the present when the stress is taking over.

YMCA of Oakville

The YMCA of Oakville website (<https://ymcaofOakville.org>) is a great resource to improve both your physical and mental wellbeing. The website has a list of categories, such as **YThrive**, which includes a list of free YMCA home workout videos for all ages, **YWell**, a list of resources for taking care of your mental health, **YPlay**, a list of fun, healthy activities for the whole family, and



YGym, a list of physical activities to keep kids active and healthy. In addition, the website has a category for community support, with links for mental health workshops and help phones.

Social Stories Creator

Social Stories Creator is a free app available on iOS and Android that is for taking pictures, writing captions, and making fun virtual stories. This is a good mental health resource as it enables you to keep track of your activities, similar to a diary. The app can help you organize your thoughts, and relieve stress and other negative emotions through retelling fun stories to yourself. It can also be a source of entertainment and relaxation.

Headspace: Meditation and Sleep

Headspace is a great free app available on iOS and Android that provides guided meditation and other tools and techniques to help users relax. This app can help you sleep, relax, and eliminate negative feelings. Headspace can also help you focus and perform better. The app includes articles, videos, and audio clips that guide you through the process of mindfulness. Headspace can also be accessed at their website <https://www.headspace.com>.

Shine

Shine is a free app available on iOS and Android that gives users access to meditation forums, personalized messages, and gratitude journaling. This app is great for mental health as it can help you relax and relieve negative feelings, as well as connect with others. Users also receive optimistic personalized messages that provide inspiration and motivation. The gratitude journal can help users better recognize and understand the positive in their life.



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