

e-Mental Health Apps, e-Tools & Resources

About this resource

This document offers a comprehensive collection of apps and e-tools, with the goal of informing self-led care options in Innowell as part of the e-Mental Health project. 102 apps and e-tools were identified that may be used in conjunction with services in community addiction and mental health (AMH) settings. Information was gathered from the [AHS Addiction and Mental Health Mobile App Directory](#), [One Mind PsyberGuide](#), and [mindapps.org](#), as well as provider and client feedback. Targeted web and literature searches were conducted to identify apps and e-tools for domains that were under-represented after considering the resources above.

Methods

The AMH apps in this document were reviewed and evaluated based on as the following criteria:

- Apps that are available on both Android and Apple devices
- Apps that are free or apps where most content is free.
- Apps that primarily provide resources or tools, rather than assessments
- Apps that are evidence informed or based on research.

Inclusion in Innowell

A subset of these apps and e-tools are included in Innowell as self-led care options, and are marked with an asterisk. We selected a subset of the collected apps for inclusion in order to ensure we do not overwhelm users with care options and maintain a user-friendly interface in Innowell. Generally, apps were prioritized over e-tools, and apps were selected that covered a range of keywords while also minimizing duplicate features. The following Innowell domains include self-led care options:

- Alcohol use
- Anxiety
- Cannabis use
- Cultural Connectedness
- Depressed mood
- Eating behaviours and body image
- Grief and loss
- Mania-like experiences
- Physical health
- Post-traumatic stress
- Psychological distress
- Psychosis-like experiences
- Resilience
- Self harm
- Sleep-wake cycle
- Social and occupational function
- Social connectedness
- Spiritual health
- Suicidal thoughts and behaviors
- Tobacco use

List of Keywords:

To facilitate easier searching of this document, keywords are included:

- 2SLGBTQ+
- Acceptance and Commitment Therapy (ACT)
- Affirmations
- Bereavement Counselling
- Breathing Exercises
- Cognitive Behavioural Therapy (CBT)
- Cognitive Behavioural Therapy for Insomnia (CBT-I)
- Coping Skills
- Core Values
- Dialectical Behaviour Therapy (DBT)
- Emotional Regulation
- Exposure and Response Therapy (ERP)
- Gamification
- Goal Setting
- Gratitude
- Habit Tracking
- Home Workouts
- Indigenous-Informed
- Journaling
- Languages
- Meal Plans
- Meditation
- Mindfulness
- Movement
- Opposite Action
- Organization
- Peer Support
- Podcast
- Recovery & Harm Reduction
- Relaxation Exercises
- Safety Plan
- Scheduling
- Self-Reflection
- Sleep Hygiene
- Sleep Journal
- Spiritual Wellbeing
- Stress Management
- Wellness

Apps

App	Description	Keywords	Health Domains
<u>Apart of Me</u> *	An interactive therapeutic game co-created by experts in child psychology that translates bereavement counselling techniques into a magical 3D world. (FREE)	<ul style="list-style-type: none"> • Bereavement Counselling • Gamification 	<ul style="list-style-type: none"> • Grief and Loss
<u>Aware: Mindfulness and Wellbeing</u> *	An app that offers access to journaling exercises, guided meditations and more. (FREE)	<ul style="list-style-type: none"> • Acceptance and Commitment Therapy (ACT) • Cognitive Behavioural Therapy (CBT) • Coping Skills • Journaling • Meditation • Wellness 	<ul style="list-style-type: none"> • Psychological Distress • Social Connectedness
<u>Be Safe</u> *	An app that helps you make a safety plan and informs you about mental health and addiction services in your area. (FREE)	<ul style="list-style-type: none"> • Safety Plan 	<ul style="list-style-type: none"> • Suicidal Thoughts and Behaviours

* Included in Innowell

<p><u>Breathr</u> *</p>	<p>An app that provides opportunities for you to try a variety of mindfulness practices, from guided meditations to simple practices. (FREE)</p>	<ul style="list-style-type: none"> • Meditation • Mindfulness 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Psychological Distress
<p><u>CBT-I Coach</u> *</p>	<p>An app that guides you through the process of learning about sleep, developing positive sleep routines through a sleep journal, and improving your sleep environments. (FREE)</p>	<ul style="list-style-type: none"> • Cognitive Behavioural Therapy for Insomnia (CBT-I) • Goal Setting • Sleep Hygiene • Sleep Journal 	<ul style="list-style-type: none"> • Sleep-Wake Cycle
<p><u>Clear Fear</u> *</p>	<p>An app that uses cognitive behavioural therapy to focus on learning to reduce the physical responses to threats through journaling and different coping skills. (FREE)</p>	<ul style="list-style-type: none"> • Cognitive Behavioural Therapy (CBT) • Coping Skills • Goal Setting • Journaling 	<ul style="list-style-type: none"> • Anxiety
<p><u>CheckingIn</u></p>	<p>An app that helps you develop self-awareness, practice mindfulness, meditation, journaling, and manage stress and anxiety by quickly tuning in to your energy and emotions. (FREE with in-app purchases)</p>	<ul style="list-style-type: none"> • Cognitive Behavioural Therapy (CBT) • Journaling • Meditation • Movement • Stress Management 	<ul style="list-style-type: none"> • Anxiety • Physical Health • Psychological Distress

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<p>Drinks Meter *</p> <p>More information can be found by searching the App Store and Google Play</p>	<p>An app that provides you with instant, unbiased feedback on your drinking and includes a drinking diary. (FREE).</p>	<ul style="list-style-type: none"> • Goal Setting • Habit Tracking 	<ul style="list-style-type: none"> • Alcohol Use
<p><u>doze: goodnight mind for teens *</u></p>	<p>An app tailored for individual sleep concerns that enables you to better understand your sleep patterns and improve them, using meditation and a sleep journal. (FREE)</p>	<ul style="list-style-type: none"> • Meditation • Sleep Hygiene • Sleep Journal 	<ul style="list-style-type: none"> • Sleep-Wake Cycle
<p><u>Evolve</u></p>	<p>A meditation and self-care app that helps you relax and de-stress through a variety of guided meditations, breathing and mindfulness exercises. (FREE with in-app purchases)</p>	<ul style="list-style-type: none"> • Breathing Exercises • Journaling • Meditation • Mindfulness • Stress Management • 2SLGBTQ+ 	<ul style="list-style-type: none"> • Anxiety • Psychological Distress • Sleep-Wake cycle

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<u>Fit On</u>	An app that helps achieve your health and fitness goals with unlimited access to different workout classes - from cardio to strength training to HIIT, yoga, Pilates, and much more. (FREE with in-app purchases)	<ul style="list-style-type: none"> • Home Workouts • Movement 	<ul style="list-style-type: none"> • Physical Health
<u>FreeCBT</u>	An app that includes a thought diary for Cognitive Behavioral Therapy. (FREE)	<ul style="list-style-type: none"> • Cognitive Behavioural Therapy (CBT) • Journaling 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood
<u>Grief Refuge</u>	An app that uses journaling and reflections to help you cope with loss and feel supported throughout the grief journey. (FREE with in-app purchases)	<ul style="list-style-type: none"> • Journaling 	<ul style="list-style-type: none"> • Grief and Loss
<u>Guardians: Paradise Island</u> *	An app that offers a unique game that rewards you for doing real-life activities that improve your mental health! (FREE)	<ul style="list-style-type: none"> • Cognitive Behavioural Therapy (CBT) • Gamification • Goal Setting 	<ul style="list-style-type: none"> • Depressed Mood • Social Connectedness

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<p><u>Habitica</u> *</p>	<p>A habit-building and productivity app that uses retro RPG elements to gamify your tasks and goals. (FREE with in-app purchases)</p>	<ul style="list-style-type: none"> • Gamification • Goal Setting • Habit Tracking 	<ul style="list-style-type: none"> • Social and Occupational Function
<p><u>HealthyMinds</u> *</p>	<p>An app that helps you deal with emotions and cope with the stresses you encounter through a variety of different meditations. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills • Mindfulness • Meditation • Stress Management 	<ul style="list-style-type: none"> • Depressed Mood • Psychological Distress • Social Connectedness
<p><u>Hope by CAMH</u> *</p>	<p>An app that provides suicide prevention information, crisis resource, journaling, and a personalized suicide safety plan to support individuals experiencing thoughts of suicide. (FREE)</p>	<ul style="list-style-type: none"> • Journaling • Safety Plan • Wellness 	<ul style="list-style-type: none"> • Suicidal Thoughts and Behaviours
<p><u>How We Feel</u> *</p>	<p>A journal app for your well-being. It helps you learn words to describe how you feel, spot trends, and practice strategies like mindfulness to regulate your emotions. (FREE).</p>	<ul style="list-style-type: none"> • Emotional Regulation • Journaling • Mindfulness 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Grief and Loss • Post-traumatic Stress • Psychological Distress • Resilience • Social Connectedness

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			<ul style="list-style-type: none"> • Suicidal Thoughts and Behaviours
<p><u>iChill</u> *</p>	<p>A self-help app that guides you in developing coping skills to deal with stress and resiliency. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills • Stress Management • Wellness 	<ul style="list-style-type: none"> • Resilience
<p><u>Insight Timer</u> *</p>	<p>A mindfulness app for sleep, anxiety, and stress that includes various meditations and journaling. (FREE with in-app purchases)</p>	<ul style="list-style-type: none"> • Journaling • Meditation • Mindfulness • Spiritual Wellbeing • Stress Management 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Psychosis-like Experiences • Resilience • Sleep-Wake Cycle • Spiritual Health
<p><u>Insomnia Coach</u></p>	<p>An app with a guided, weekly training plan that helps you track and improve your sleep. Includes relaxation exercises and a sleep journal. (FREE)</p>	<ul style="list-style-type: none"> • Cognitive Behavioral Therapy for Insomnia (CBT-I) • Relaxation Exercises • Sleep Hygiene • Sleep Journal 	<ul style="list-style-type: none"> • Sleep-Wake Cycle

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<p><u>Medito</u> *</p>	<p>An app with courses and challenges that helps you develop your meditation practice. It also includes a sleep section with sounds, stories, and meditations. (FREE)</p>	<ul style="list-style-type: none"> • Meditation • Mindfulness • Sleep Hygiene 	<ul style="list-style-type: none"> • Psychological Distress • Sleep-Wake Cycle
<p><u>Mindfulness Coach</u></p>	<p>A self-guided app that helps you adopt a simple mindfulness practice. It also offers information about mindfulness and audio-guided mindfulness exercises. (FREE)</p>	<ul style="list-style-type: none"> • Mindfulness 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Psychological Distress
<p><u>Mindshift</u> *</p>	<p>Break free from anxiety and stress using this evidence-based anxiety management app, which includes goal setting, journaling, and mindfulness. (FREE)</p>	<ul style="list-style-type: none"> • Cognitive Behavioural Therapy (CBT) • Goal Setting • Journaling • Mindfulness • Peer Support • Stress Management 	<ul style="list-style-type: none"> • Anxiety
<p><u>MoodTools</u> *</p>	<p>An app that helps you manage symptoms of depression by using cognitive behavioural therapy activities along with a thought diary, meditation, safety plan, and educational information. (FREE with in-app purchases)</p>	<ul style="list-style-type: none"> • Cognitive Behavioral Therapy (CBT) • Journaling • Meditation • Safety Plan 	<ul style="list-style-type: none"> • Depressed Mood

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<p><u>My Study Life</u> *</p>	<p>Use this app to organize your classes, tasks, and exams to help you avoid forgetting a lecture or assignment. (FREE)</p>	<ul style="list-style-type: none"> • Organization • Scheduling 	<ul style="list-style-type: none"> • Social and Occupational Function
<p><u>MyTherapy: Medication Reminder</u> *</p>	<p>An interactive app with a pill tracker, mood tracker, and a health journal that helps you and your provider support your treatment. (FREE)</p>	<ul style="list-style-type: none"> • Habit Tracking • Scheduling 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Mania-like Experiences • Physical Health • Psychosis-like Experiences • Sleep-wake Cycle
<p><u>Native Land</u></p>	<p>An app that helps people around the world learn more about their local history. It's designed to help you see different Indigenous territories, languages, and treaties. (FREE)</p>	<ul style="list-style-type: none"> • Indigenous-Informed 	<ul style="list-style-type: none"> • Cultural Connectedness
<p><u>Nike Training Club</u> *</p>	<p>An app with free workouts including yoga classes and body weight-only workouts you can do with minimal to no equipment, and cardio that gets your heart rate pounding. (FREE)</p>	<ul style="list-style-type: none"> • Home Workouts • Movement 	<ul style="list-style-type: none"> • Physical Health

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<p><u>PTSD Coach Canada</u> *</p>	<p>An app that helps you learn about and manage symptoms that can occur after trauma by providing you with information and self-help tools such as mindfulness. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills • Mindfulness • Stress Management 	<ul style="list-style-type: none"> • Post-traumatic Stress
<p><u>QuitGuide</u> *</p>	<p>An app that helps you understand your smoking patterns, track your cravings, journal, and build the skills needed to become and stay smoke free. (FREE)</p>	<ul style="list-style-type: none"> • Goal Setting • Journaling • Quit Plan 	<ul style="list-style-type: none"> • Tobacco Use
<p><u>QuitSTART</u> *</p>	<p>Made for people who want to quit smoking. This app provides you with tailored tips, inspiration, and challenges to help you become smoke free. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills • Gamification 	<ul style="list-style-type: none"> • Tobacco Use
<p><u>Recovery Record</u> *</p>	<p>An app that helps you manage your journey to recovery from eating disorders, and is also intended for people with general eating, weight, and shape concerns. The app includes features such as journaling and meditation. (FREE)</p>	<ul style="list-style-type: none"> • Cognitive Behavioural Therapy (CBT) • Goal Setting • Journaling • Meal Plans • Meditation 	<ul style="list-style-type: none"> • Eating Behaviours and Body Image

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<p><u>Robin Z</u> *</p>	<p>An app that helps keep a record of your feelings and provides information and tips about how you can cope with difficulties, struggles and everyday life. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills • Journaling 	<ul style="list-style-type: none"> • Psychosis-like Experiences
<p><u>Self-help App for the Mind</u></p>	<p>An app that provides a range of self-help techniques organized into several well-being themes, including different coping skills and journaling. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills • Journaling • Wellness 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Social Connectedness
<p><u>Seek</u> *</p>	<p>An app that encourages you to go outside, explore and learn about the nature around you. Earn badges for seeing different types of birds, amphibians, and plants. (FREE)</p>	<ul style="list-style-type: none"> • Movement 	<ul style="list-style-type: none"> • Physical Health
<p><u>Shadow's Edge</u> *</p>	<p>A mobile game created that helps you deal with mental or emotional challenges. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills • Gamification • Journaling 	<ul style="list-style-type: none"> • Resilience

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<p><u>Sinasprite</u> *</p>	<p>A game-based app that leads you through various exercises, including meditation, digital painting, and journaling. (FREE with in-app purchases)</p>	<ul style="list-style-type: none"> • Gamification • Journaling • Meditation 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Post-traumatic Stress • Psychological Distress
<p><u>Skylight: Spiritual Self-Care</u> *</p>	<p>An app that gives you access to daily spiritual wellness with short, simple exercises and meditation that generate deep love, strength, and healing. (FREE)</p>	<ul style="list-style-type: none"> • Affirmations • Meditation • Spiritual Wellbeing • Wellness 	<ul style="list-style-type: none"> • Spiritual Health
<p><u>Smiling Mind</u> *</p>	<p>A unique app developed that helps bring balance to your life. Practice your daily meditation and mindfulness exercises from any device. (FREE)</p>	<ul style="list-style-type: none"> • Meditation • Mindfulness 	<ul style="list-style-type: none"> • Anxiety • Mania-like Experiences • Psychological Distress • Psychosis-like Experiences • Self Harm • Sleep-Wake Cycle • Social Connectedness

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<p><u>Stay Quit Coach</u></p>	<p>An app that helps you quit or reduce your use of cigarettes, electronic nicotine delivery systems, cigars and chewing tobacco. (FREE)</p>	<ul style="list-style-type: none"> • Breathing Exercises • Coping Skills 	<ul style="list-style-type: none"> • Tobacco Use
<p><u>SuperBetter</u> *</p>	<p>An app that helps you develop new skills and strengthen your resilience (mental, social, emotional, and physical) through gamified challenges. (FREE with in-app purchases)</p>	<ul style="list-style-type: none"> • Coping Skills • Gamification 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Psychological Distress • Resilience • Social Connectedness
<p><u>Thunderbird Wellness App</u> *</p>	<p>An app that promotes a strengths-based, trauma-informed approach to supporting Indigenous wellness, all presented in a culturally grounded way. (FREE)</p>	<ul style="list-style-type: none"> • Indigenous-Informed • Wellness 	<ul style="list-style-type: none"> • Alcohol Use • Cultural Connectedness

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<p><u>UCLA Mindful</u></p>	<p>Use this app to practice mindfulness and meditation anywhere, anytime. (FREE)</p>	<ul style="list-style-type: none"> • Meditation • Mindfulness 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Psychological Distress
<p><u>Values Finder</u> *</p>	<p>An app with a personal core values assessment so that you can act in alignment with your values. (FREE with in-app purchases)</p>	<ul style="list-style-type: none"> • Core Values 	<ul style="list-style-type: none"> • Cultural Connectedness • Spiritual Health
<p><u>Virtual Hope Box</u></p>	<p>An app that includes tools, coping exercises, and self-controlled meditation exercises. (FREE)</p>	<ul style="list-style-type: none"> • Gamification • Meditation 	<ul style="list-style-type: none"> • Depressed Mood • Psychological Distress
<p><u>Zombies, Run!</u> *</p>	<p>An immersive running game and audio adventure. Every run puts you at the centre of your very own zombie adventure story. (FREE with in-app purchases)</p>	<ul style="list-style-type: none"> • Movement 	<ul style="list-style-type: none"> • Physical Health

* Included in Innowell

e-Tools (Includes helplines, podcasts, psychoeducational resources, and websites)

e-Tool	Description	Keywords	Health Domains
<p>1-866-332-2322</p> <p>Addiction Help Line</p>	<p>A 24/7 confidential service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns. (FREE)</p>		<ul style="list-style-type: none"> • Alcohol Use • Cannabis Use • Tobacco Use
<p><u>AHS DrugSafe Cannabis</u> *</p>	<p>Psychoeducational website link.</p> <p>Provides information on reducing the harm of cannabis.</p>		<ul style="list-style-type: none"> • Cannabis Use
<p><u>Anxiety Canada</u></p>	<p>An interactive website that provides self-help information, community programs and workshops, for individuals, educators, health professionals and care providers on anxiety. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills 	<ul style="list-style-type: none"> • Anxiety
<p><u>Body Brave</u>*</p>	<p>Psychoeducational website link.</p> <p>Supports recovery from eating disorders for every body type and offers virtual support for people 14+ struggling with an eating disorder. (FREE)</p>	<ul style="list-style-type: none"> • Peer Support • Self-Reflection 	<ul style="list-style-type: none"> • Eating Behaviours and Body Image
<p><u>Culture for Life</u></p>	<p>A website for Indigenous youth who are interested in connecting to their culture. (FREE)</p>	<ul style="list-style-type: none"> • Indigenous-Informed 	<ul style="list-style-type: none"> • Cultural Connectedness

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<p><u>Dougy Center</u> *</p>	<p>Psychoeducational website link. A wide range of resources and activities for people of all ages who are grieving. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills 	<ul style="list-style-type: none"> • Grief and Loss
<p><u>Flourish: Introducing body neutrality Podcast</u> *</p>	<p>A podcast that introduces the concept of body neutrality and how it differs from body positivity.</p>	<ul style="list-style-type: none"> • Podcast 	<ul style="list-style-type: none"> • Eating Behaviours and Body Image
<p><u>From Survive to Thrive (Kelty Eating Disorders)</u> *</p>	<p>A resource for recovering from an eating disorder. Provides information and advice on how to overcome common challenges during the recovery process. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills 	<ul style="list-style-type: none"> • Eating Behaviours and Body Image
<p><u>Indigenous Languages: Maps, Apps and Websites</u></p>	<p>A website that provides information about Indigenous languages in Canada as well as other resources such as maps, apps, and websites. (FREE)</p>	<ul style="list-style-type: none"> • Indigenous-Informed 	<ul style="list-style-type: none"> • Cultural Connectedness
<p><u>Indigenous Youth Life Promotion Toolkit</u> *</p>	<p>Resources and videos that helps you explore wisdom from ancestors and live a healthier life. (FREE)</p>	<ul style="list-style-type: none"> • Indigenous-Informed • Spiritual Wellbeing 	<ul style="list-style-type: none"> • Cultural Connectedness • Spiritual Health • Suicidal Thoughts and Behaviours

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<p><u>Jack.org: What is Bipolar Disorder</u> *</p>	<p>Psychoeducational resource link powered by TeenMentalHealth.org. (FREE)</p>	<ul style="list-style-type: none"> • Mania-like Experiences
<p><u>Kids Help Phone - Resources</u> *</p>	<p>A website with several resources such as games and videos that supports youth mental health. (FREE)</p>	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Eating Behaviours and Body Image • Grief and Loss • Self Harm • Social Connectedness • Suicidal Thoughts and Behaviours
<p>1-877-303-2642</p> <p>Mental Health Help Line</p>	<p>A 24/7 telephone support. This service is confidential and anonymous, provides information about mental health programs and services, and offers referrals to other agencies. (FREE)</p>	<ul style="list-style-type: none"> • Anxiety • Depressed Mood
<p><u>Mind</u></p>	<p>A website that provides advice on several topics related to relationships, body image, families, and emotions. (FREE)</p>	<ul style="list-style-type: none"> • Social Connectedness

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<p><u>mindyourmind</u> *</p>	<p>Interactive tools and innovative resources that builds capacity and resilience that are co-created with community partners and young people aged 14 to 29. (FREE)</p>	<ul style="list-style-type: none"> • Gamification • Mindfulness 	<ul style="list-style-type: none"> • Anxiety • Depressed Mood • Eating Behaviours and Body Image • Grief and Loss • Mania-like Experiences • Post-traumatic Stress • Psychological Distress • Psychosis-like Experiences • Resilience • Self Harm • Suicidal Thoughts and Behaviours
<p><u>Multicultural Mental Health Resources</u> *</p>	<p>A website that provides culturally relevant mental health information.</p>		<ul style="list-style-type: none"> • Cultural Connectedness
<p><u>myToolKit</u></p>	<p>A series of eLearning modules, apps, and videos that educates you about mental health and wellness. (FREE)</p>	<ul style="list-style-type: none"> • Wellness 	<ul style="list-style-type: none"> • Anxiety • Psychological Distress • Social Connectedness
<p><u>My Health Alberta: Alcohol</u></p>	<p>Psychoeducational resource link.</p>		<ul style="list-style-type: none"> • Alcohol Use

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<p><u>My Health Alberta: Anorexia Nervosa</u></p>	<p>Psychoeducational resource link.</p>	<ul style="list-style-type: none"> • Eating Behaviours and Body Image
<p><u>My Health Alberta: Anxiety</u></p>	<p>Psychoeducational resource link.</p>	<ul style="list-style-type: none"> • Anxiety
<p><u>My Health Alberta: Bipolar Disorder in Children and Teens</u></p>	<p>Psychoeducational resource link.</p>	<ul style="list-style-type: none"> • Mania-like Experiences • Depressed Mood
<p><u>My Health Alberta - Building Resilience</u></p>	<p>Psychoeducational resource link.</p>	<ul style="list-style-type: none"> • Coping Skills • Resilience
<p><u>My Health Alberta: Bulimia Nervosa</u></p>	<p>Psychoeducational resource link.</p>	<ul style="list-style-type: none"> • Eating Behaviours and Body Image
<p><u>My Health Alberta: Bullying</u></p>	<p>Psychoeducational resource link.</p>	<ul style="list-style-type: none"> • Social Connectedness • Depressed Mood

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<p><u>My Health Alberta: Cannabis</u></p>	<p>Psychoeducational resource link.</p>		<ul style="list-style-type: none"> • Cannabis Use
<p><u>My Health Alberta: Depression in Children and Teens</u></p>	<p>Psychoeducational resource link.</p>		<ul style="list-style-type: none"> • Depressed Mood
<p><u>My Health Alberta - Fitness: Getting and Staying Active</u></p>	<p>Psychoeducational resource link</p>	<ul style="list-style-type: none"> • Movement 	<ul style="list-style-type: none"> • Physical Health
<p><u>My Health Alberta: Grief</u></p>	<p>Psychoeducational resource link.</p>		<ul style="list-style-type: none"> • Grief and Loss
<p><u>My Health Alberta -Learning About a Healthy Body Image</u></p>	<p>Psychoeducational resource link.</p>		<ul style="list-style-type: none"> • Eating Behaviours and Body Image
<p><u>My Health Alberta -Making a Plan to Cut Back on Alcohol Use *</u></p>	<p>Psychoeducational resource link</p>	<ul style="list-style-type: none"> • Recovery & Harm Reduction 	<ul style="list-style-type: none"> • Alcohol Use

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<p><u>MyHealth Alberta: Post-Traumatic Stress Disorder</u></p>	<p>Psychoeducational resource link.</p>	<ul style="list-style-type: none"> • Post-traumatic Stress
<p><u>My Health Alberta: Psychosis</u></p>	<p>Psychoeducational resource link.</p>	<ul style="list-style-type: none"> • Psychosis-like Experiences
<p><u>My Health Alberta: Quitting Smoking</u></p>	<p>Psychoeducational resource link.</p>	<ul style="list-style-type: none"> • Tobacco Use
<p><u>My Health Alberta: Self-Harm and Youth</u></p>	<p>Psychoeducational resource link.</p>	<ul style="list-style-type: none"> • Self Harm • Suicidal Thoughts and Behaviours
<p><u>My Health Alberta - Social Connections</u></p>	<p>Psychoeducational resource link</p>	<ul style="list-style-type: none"> • Social Connectedness
<p><u>My Health Alberta - Spirituality and Your Health</u></p>	<p>Psychoeducational resource link</p>	<ul style="list-style-type: none"> • Spiritual Health

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<p><u>My Health Alberta - Stress Relief and Relaxation</u></p>	<p>Psychoeducational resource link</p>	<ul style="list-style-type: none"> • Stress Management 	<ul style="list-style-type: none"> • Psychological Distress
<p><u>My Health Alberta: Warning Signs of Suicide in Children and Teens</u></p>	<p>Psychoeducational resource link.</p>		<ul style="list-style-type: none"> • Suicidal Thoughts and Behaviours
<p><u>MyGrief.ca</u> *</p>	<p>Psychoeducational website link. An online resource that helps adults move through their grief. It is confidential and contains stories from people who have 'been there'. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills 	<ul style="list-style-type: none"> • Grief and Loss
<p><u>Now Matters Now</u> *</p>	<p>A website that provides research-based methods such as mindfulness and paced-breathing, which are part of Dialectical Behaviour Therapy (DBT) and have proven to be helpful for people considering suicide. (FREE)</p>	<ul style="list-style-type: none"> • Breathing Exercises • Dialectical Behaviour Therapy (DBT) • Mindfulness • Opposite Action 	<ul style="list-style-type: none"> • Suicidal Thoughts and Behaviours
<p><u>OCD Challenge</u></p>	<p>A website that helps you learn the skills and strategies needed to manage your OCD. (FREE)</p>	<ul style="list-style-type: none"> • Exposure and Response Therapy (ERP) 	<ul style="list-style-type: none"> • Psychological Distress

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<p><u>Pflag Canada</u> *</p>	<p>A website that offers peer-to-peer support striving to help all Canadians with issues of sexual orientation, gender identity and gender expression. (FREE)</p>	<ul style="list-style-type: none"> • 2SLGBTQ+ 	<ul style="list-style-type: none"> • Social Connectedness
<p><u>Respect Your Brain</u> *</p>	<p>Psychoeducational resource link. See how cannabis affects different parts of the brain in this video. (FREE)</p>		<ul style="list-style-type: none"> • Cannabis Use
<p><u>Talk Suicide Canada</u> *</p>	<p>A website that provides nationwide, 24-hour, bilingual support to anyone who is facing suicide. (FREE)</p>		<ul style="list-style-type: none"> • Suicidal Thoughts and Behaviours
<p><u>The Blunt Truth</u> *</p>	<p>Psychoeducational resource link. Learn useful tips about safer ways to use cannabis. Developed by youth, for youth and with support by medical researchers. (FREE)</p>	<ul style="list-style-type: none"> • Recovery & Harm Reduction 	<ul style="list-style-type: none"> • Cannabis Use
<p><u>Traditional stories and Creation Stories</u></p>	<p>A website that lets you listen to traditional stories and creation stories told by six Indigenous storytellers from communities across Canada. Each recording is available in the respective Indigenous language and in English. (FREE)</p>	<ul style="list-style-type: none"> • Indigenous-Informed 	<ul style="list-style-type: none"> • Cultural Connectedness • Spiritual Health

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<p><u>Trans Lifeline Canada</u></p>	<p>A website that offers support to trans people in crisis. (FREE)</p>	<ul style="list-style-type: none"> • 2SLGBTQ+ 	<ul style="list-style-type: none"> • Social Connectedness
<p><u>Wellness Together Canada</u> *</p>	<p>A website with a variety of resources that supports your wellness journey, including self-directed e-mental health tools and peer support. (FREE)</p>	<ul style="list-style-type: none"> • Peer Support • Goal Setting 	<ul style="list-style-type: none"> • Anxiety • Social Connectedness
<p><u>We Matter</u></p>	<p>A website created by Indigenous youth that helps Indigenous youth get through hard times. Dedicated to support, hope, and life promotion. (FREE)</p>	<ul style="list-style-type: none"> • Indigenous-Informed 	<ul style="list-style-type: none"> • Cultural Connectedness • Resilience
<p><u>youthgrief.ca</u> *</p>	<p>A website developed by grieving youth, for grieving youth, that shares wisdom, experiences, and advice from young people. (FREE)</p>		<ul style="list-style-type: none"> • Grief and Loss

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Provider-facilitated resources

Toolkits and worksheets that are more intensive, and may require a provider to lead their use.

<p><u>Children and Youth Grief Network</u></p>	<p>Psychoeducational resource link. This downloadable toolkit that supports grieving children and youth (grades 4-10). It includes a variety of resources to help educators and families feel more comfortable addressing concepts of death and grief. (FREE)</p>	<ul style="list-style-type: none"> • Coping Skills 	<ul style="list-style-type: none"> • Grief and Loss
<p><u>CCI - Self Help Resources for Mental Health Problems</u></p>	<p>A website that includes brief information sheets, along with a series of worksheets. (FREE)</p>		
<p><u>Dealing with Psychosis: A Toolkit for Moving Forward with Your Life</u></p>	<p>A toolkit that supports clients in managing the symptoms of psychosis and moving forward with their lives, which is to be used along with treatment by professionals. (FREE)</p>		<ul style="list-style-type: none"> • Psychosis-like Experiences

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