

Woebot

- Woebot is an app that gives you the opportunity to talk through and process some of your feelings of anxiety and depression. The woebot, a computer coach, uses cognitive behavioral therapy (CBT) practices to walk people through calming exercises, and can give them someone to talk to. Woebot can also check in on you daily to see how you are doing and give you support. This is a great app to recommend for parents to help their children, and actually has been [supported by research](#).

Sanvello

- Sanvello is also an app that has roots in CBT and is designed to support people with anxiety. It includes guided meditations, a daily mood tracker, and other activities and videos. It can be set to alert you daily so that you can check in and work through any anxiety you might be feeling. This is a great app to recommend for parents to help their children.

Breathe2Relax

- This simple app is perfect for helping people practice deep breathing. It includes visuals that you can follow as you breathe. It also can be customized to the breathing pattern that you would like. The calming voices and imagery make this app perfect to use when working with students who are feeling upset or anxious.