## Table of Contents

### Applications

<table>
<thead>
<tr>
<th>Applications</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>2</td>
</tr>
<tr>
<td>Procrastination</td>
<td>2</td>
</tr>
<tr>
<td>Exam Stress</td>
<td>3</td>
</tr>
<tr>
<td>Breathing/Relaxation</td>
<td>3</td>
</tr>
<tr>
<td>Sleep</td>
<td>3</td>
</tr>
<tr>
<td>Relationships</td>
<td>3</td>
</tr>
<tr>
<td>General Health</td>
<td>4</td>
</tr>
<tr>
<td>Mood</td>
<td>4</td>
</tr>
<tr>
<td>Mindfulness/Meditation</td>
<td>5</td>
</tr>
<tr>
<td>Gratitude/ Self-Compassion</td>
<td>5</td>
</tr>
</tbody>
</table>

### Books

<table>
<thead>
<tr>
<th>Books</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Procrastination</td>
<td>6</td>
</tr>
<tr>
<td>Perfectionism</td>
<td>6</td>
</tr>
<tr>
<td>Performance Anxiety</td>
<td>6</td>
</tr>
<tr>
<td>Stress Management</td>
<td>7</td>
</tr>
<tr>
<td>Relationships</td>
<td>8</td>
</tr>
<tr>
<td>Social Anxiety</td>
<td>8</td>
</tr>
</tbody>
</table>

### Additional Applications

<table>
<thead>
<tr>
<th>Additional Applications</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance Recovery</td>
<td>9</td>
</tr>
<tr>
<td>PTSD</td>
<td>9</td>
</tr>
<tr>
<td>ADHD</td>
<td>9</td>
</tr>
<tr>
<td>Self-Assessment/Reference</td>
<td>9</td>
</tr>
</tbody>
</table>
Anxiety

• eCBT Calm ([iTunes: $0.99])
  o eCBT Calm helps people who are feeling stressed and want to learn relaxation skills. It assesses your stress level, provides relaxation skills, and also includes links to online resources for stress and anxiety.

• Mayo Clinic Anxiety Coach ([iTunes: $4.99])
  o Mayo Clinic Anxiety Coach is a comprehensive self-help tool for reducing a wide variety of fears and worries from extreme shyness to obsessions and compulsions. Anxiety Coach helps you make a list of feared activities and then guides you through mastering them one by one.
  o Similar Android application ($1.99)

• Panic Attacks Podcasts ([iTunes; Free])

• Learn Panic CBT ([iTunes: $4.99])
  o Learn Panic CBT is a self-treatment program for panic disorder that is based on Cognitive Behavior Therapy (CBT) principles that are used by experienced psychologists.

Procrastination

• Busy – Stop Procrastinating ([iTunes only; Free])
  o You have too much to do and you can’t do it all at once. Sort each of your projects into ordered lists so that you can focus on what you’re doing now and plan what to do next without interruption.
  o Stop trying to remember everything in your head. Having to remember every task that comes up is stressful and overwhelming. As tasks come up, add them to your Inbox.

• RanDoo ([iTunes; Free])
  o Do you have a list of things to do and you can’t decide what to do first? Then RanDoo is the app for you! Enter your list of things to do, shake your iPhone or iPod, and RanDoo will pick an item from your list and show it to you.

• Do it (Tomorrow) ([iTunes; Free] / [Android; Free])
  o Daily planner with reminders

• iAccomplish ([iTunes;Free])
  o Track what you do and beat back the blues. You know how sometimes at the end of the day you feel like “what did I do today? I didn’t get anything done!” You wind up feeling anxious, depressed or both. iAccomplish is a new “eTherapy” app that allows you to track exactly what you accomplish by keeping a “smart diary.”

• I Can Do It ([iTunes;$4.99])
  o Go from making your To Do list to checking off your To Do list. The app designed expressly for those times you just can’t seem to get out of your own way — a minute on iCanDoIt can help you prevent hours of lost productivity.

• Wunderlist ([iTunes;Free]/[Android;Free]) paid version available
  o Wunderlist is the easiest way to manage and share your daily to-do lists. Whether you’re running your own business, planning an overseas adventure or sharing a shopping list with a loved one, Wunderlist is here to help you get things done.

• Planner HD ([iTunes;Free])
  o Get the power to plan out your daily tasks in mere seconds & guarantee you make the most of every day! You get more done when you start out with a clear plan. Its simple really - productivity comes from structure - and that’s exactly what Schedule Planner gives you.

• MyGoals ([iTunes;Free])
  o MyGoals is an app to help you keep records and manage schedule to achieve your goals, such as studying for exams, qualifications, keeping healthy diet and exercise, etc.

• getupp ([iTunes;Free])
  o getupp is your free personal motivation service that empowers you to achieve your personal goals and overcome procrastination. With getupp you can commit to activities that require your presence at a specific location at a certain time, like going to the gym after work, studying in the library on the weekend or getting home on time for dinner. getupp verifies and shares whether you keep or break such commitments. To complete a commitment, show up at the agreed location at the right time, and open the getupp iPhone app to complete your commitment. Otherwise, in case you fail to show up, your commitment is broken. Outcomes are automatically shared with your friends on Facebook. So if you want to keep your face, you better keep your commitments.
• Procrastin8r (iTunes: Free)
  o Procrastin8r makes procrastinating easy! Create a custom procrastination task list, and Procrastin8r will interrupt you throughout the day with alerts to suggest something you’d rather be doing. Procrastin8r allows you to set the frequency of interruption, temporarily deactivate task alerts when you need to focus (bah!), and is most fun with task order set to RANDOM!

Exam Stress

• Ace Your Next Test (iTunes: Free) / (Android: Free)
  o Ace Your Next Test provides unique study tips and other resources to all students that want to get a better grade on any test. Tips are divided between before you take the test and what to do on test day.

• Study Tips (iTunes only; Free)
  o The 365 tips and quotes are based on decades of research in the fields of education and psychology and on field tests with a broad spectrum of students from middle school to post-graduate level, including many with attention and learning issues

• Overcome Exam Nerves (iTunes: $4.99)
  o 'Overcome Exam Nerves' will help you to deal with exam stress, anxiety and worry and reach a peak performance state in any kind of test or examination. It will also help you with your concentration, recall and memory when it really counts – when you take your exam. This superb high quality hypnosis App by million selling hypnotist Glenn Harrold utilises post hypnotic suggestions, powerful echo affirmations and visualisation techniques, to help you feel completely in control of your feelings when taking an examination or test of any kind.

Breathing/Relaxation

• Breathe2Relax (iTunes: Free) / (Android: Free)
  o "Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing."

• Tactical Breather (iTunes: Free) / (Android: Free)
  o "Tactical Breathing Trainer can be used to gain control over physiological and Psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and Psychological responses to your body during stressful situations."

• BioBreathing (iTunes: Free)
  o Biofeedback breathing is a breath pacer that allows the user to keep count of Inhale and Exhale breathing cycles. The user can set the lengths of the Inhale and Exhale phases independently. One tone is used for the Inhale phase and another tone is used during the Exhale phase, allowing the user to use the app without having to look at it.

• BellyBio (iTunes: Free)
  o FOR ADVANCED BELLY-BREATHERS ONLY. Put the iPhone on your stomach. Breathe deeply. Enjoy...

Sleep

• Sleep Time (iTunes: Free) / (Android: Free)
  o Smart alarm clock that analyzes your sleep and wakes you up at the perfect moment of your lightest sleep phase. Wake up feeling refreshed. Uses your phone's accelerometer.

• Sleep Pillow (iTunes: Free)
  o Sleep Pillow provides an advanced set of high quality ambient sounds, premixed for perfect sleep enhancement.

Relationships

• Avocado (iTunes: Free) / (Android: Free)
  o Avocado is the fun, private, and secure app for couples to stay connected. Send messages, share calendars and lists, doodle on photos, and more!

• Love Maps (iTunes: $1.99)
• The Ice Break (iTunes: $1.99)
  o Stay connected with the one you love. Just share your response to a prompted icebreaker or moment once a day and watch your relationship deepen.

• Couple (iTunes: Free)
  o Couple is a more intimate way to share your life and the best way to stay in touch with your favorite person

• 5 Love Languages (iTunes; Free) / (Android; Free)
  o The 5 Love Languages, Dr. Gary Chapman's New York Times bestseller! Don't know your love language? You and your loved one can take the profile within the app to find out what love language you speak.
  o Buy the full book on iTunes ($8.99) or Amazon

• Meetup.com
  o Social networking site to find people with similar interests for social gatherings
  o (iTunes; Free) / (Android; Free)

General Health

• Pocket Yoga (iTunes: $2.99) / (Android; $2.99)
  o The practice of yoga becomes beneficial when done on a regular basis. With Pocket Yoga you can keep up with your practice at your own pace and schedule in the comforts of your own home.

• Yoga-pedia (iTunes; Free) / (Android; Free)
  o Yamaha-pedia includes images and instructions for nearly 100 yoga poses and mudras. It also includes a "pose of the day" feature where each day, users can stream a short audio lesson for one of the poses included in the app. Images, instruction, and audio narration are all integrated with the Pose of the Day feature.

• Cardio (iTunes only; $1.99)
  o Cardio's technology is based on cutting-edge research and science conducted at the MIT Media Lab. The measurement principles are the same as clinical pulse oximeters. Every time your heart beats, more blood rushes through the vessels in your face, causing them to expand. The increase in blood volume absorbs more light, resulting in a decrease in the amount of light reflected from your face. Using sophisticated software, your iPhone’s camera can track these tiny variations in light that are invisible to the naked eye to calculate your heart rate.

• MyFitnessPal (iTunes; Free) / (Android; Free)
  o Promote health with MyFitnessPal, the fastest and easiest-to-use dietary tracker

• Daily Yoga (iTunes; Free/Android; Free)
  o Fully compatible with iPhone/iPad/iTouch, Daily Yoga™ is the World's Most Dedicated Yoga Coaching App, providing dynamic yoga sessions with different yoga durations & difficulty levels, elegant UI and HD yoga videos, live voice instructions, yoga background music and social community support. You will feel like attending a real yoga class whenever you want!

Mood

• Mood Kit (iTunes; $4.99; Android; $4.99)

• MyMoodTracker Lite (iTunes; Free)
  o The perfect companion for tracking your moods and emotions, and everything else that can affect how you feel. The fun yet powerful design will help you understand what causes your emotions to change, and get you on the path to feeling good.

• T2 Mood Tracker (iTunes; Free) / (Android; Free)
  o This app comes with six pre-loaded issues: anxiety, depression, general well-being, head injury, post-traumatic stress, and stress. You can also add customized scales on any topic (e.g., a pain scale). You use simple sliders to rate yourself on these behavioral categories and the app automatically graphs your inputs. You can also make notes describing things that happened during the day that may have affected your moods. This provides you and your health care provider with a complete tool to help you uncover patterns in how you are feeling. It may also help you to evaluate the impact of daily events or the effects of treatment on your mood.
• eCBT Mood (iTunes only; $0.99)
  o eCBT Mood(c) tries to help people who are feeling down or depressed to feel better by using the scientific principles of cognitive behavioral therapy (CBT). eCBT Mood can also be used a uniform, structured adjunctive support intervention for clinical trials of antidepressants or other therapies for depression.

• iCBT (iTunes only; $4.99)
  o iCBT is a fast and easy way to use Cognitive Behavioral Therapy (CBT) techniques to help you transform obstructive thinking into a positive experience. And iCBT can help you even if you're not familiar with CBT — anyone can use it, anytime, anywhere.

Mindfulness/Meditation

• Take a Break – Guided Meditations (iTunes; Free; Android; Free) *paid version available
  o You can enjoy the deep relaxation, stress relief and benefits of meditation now with this app by Meditation Oasis. Featuring two popular meditations from the Meditation Oasis podcast, the app gives you the option to listen with or without music or nature sounds. You can also listen to the relaxing music and nature sounds alone.

• Progressive Muscle and Guided Imagery Relaxation (courtesy of Dartmouth: WEBSITE)
  o Take some time to explore the different approaches to relaxation and discover what works for you.

• Mindfulness Meditation (iTunes; $1.99
  o This is simply the best way to learn and enjoy mindfulness meditation - and it's always in your pocket for short breaks, trips, and outdoor practice!
  o Similar Android ($0.99) application

• Simply Being (iTunes; $0.99)(Android; $0.99)
  o RECOMMENDED BY THE NY TIMES, SELF MAGAZINE, YOGA JOURNAL, the HUFFINGTON POST and more. Meditate easily with this elegantly simple App. Enjoy the deep relaxation, stress relief and benefits of meditation without prior experience. The Meditation Oasis® Simply Being app has been developed by Richard and Mary Maddux, creators of the popular Meditation Oasis® podcast. It allows you to choose from 4 meditation times and gives you the option to listen to the guided meditation with or without music or nature sounds. You can also listen to the music or nature sounds alone. In addition, you can choose how long to listen to the music or nature sounds after the voice guidance finishes.

• buddhify 2
  o The mindfulness app for modern life, it increases your wellbeing by teaching you mindfulness-based meditation on-the-go. With dozens of custom meditations for 14 different parts of your day including traveling, being online, taking a work break and going to sleep, buddhify 2 gives you a simple but effective way to bring more mindfulness and calm to your busy day.

Gratitude/Self-Compassion

• Gratitude & Happiness (iTunes; $0.99)
  o Track four happiness items and see what makes you happy and healthy.

• Attitudes of Gratitude Journal (Android; Free)
  o This simple app will help you to develop and maintain a daily attitude of gratitude. At the end of each day you can list the things you are grateful for. You will soon see that your list is much longer than you expected.

• Transform your Life (iTunes; Free)
  o Transform Your Life is 365 days of inspirational quotes, encouragement, and daily assignments supporting awareness practice.
Procrastination

The Procrastination Workbook: Your Personalized Program for Breaking Free from the Patterns That Hold You Back [Paperback]

William J. Knaus EdD (Author)

(On Amazon: $16 paperback)

Procrastination is a near-universal trait, at its most troublesome when it holds someone back from doing well in school, adds a frustrating dimension to personal relationships, or closes off the road to professional fulfillment with an endless series of detours and roadblocks.

Based on over thirty years of clinical experience and research, this workbook distills the essence of the best insights and the most effective techniques to help you identify the root causes of your procrastination problem and find workable solutions for overcoming it. Best-selling author William Knaus begins by providing self-assessment exercises that help you discover why you procrastinate and identify your procrastination style. The book explains how to change the underlying mechanisms that reinforce your procrastination and helps you tailor an individualized plan for counteracting it at work, at home, at school, in your relationships, or anywhere else it occurs. Throughout, engaging exercises and an array of tips and techniques keep you motivated to get to the root of your problem and overcome it.

Perfectionism

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism [Paperback]

Martin Antony PhD (Author), Richard Swinson MD FRCP FRCPC (Author)

(On Amazon: $15 paperback; Kindle Edition: $10)

It's only natural to want to avoid making mistakes, but imperfection is a part of being human. And while perfectionists are often praised for their abilities, being constantly anxious about details can hold you back and keep you from reaching your full potential.

In this fully revised and updated second edition of When Perfect Isn't Good Enough, you'll discover the root cause of your perfectionism, explore the impact of perfectionism on your life, and find new, proven-effective coping skills to help you overcome your anxiety about making mistakes. This guide also includes tips for dealing with other perfectionists and discussions about how perfectionism is linked to worry, depression, anger, social anxiety, and body image. As you complete the exercises in this book, you'll find it easier and easier to keep worries at bay and enjoy a life — imperfections and all.

Performance Anxiety

Fight Your Fear and Win: Seven Skills for Performing Your Best Under Pressure—At Work, In Sports, On Stage [Paperback]

Dr. Don Greene (Author)

(On Amazon: $12 paperback; $1 Kindle Edition)

We've all been there: that make-it-or-break-it moment of our careers—on the brink of a deal, poised at the starting gate, under the spotlight waiting to speak or perform in front of our peers. At this point, where everything seems to be on the line, most of us experience one overriding reaction: fear—and this fear can have negative physical, mental, and emotional consequences on how we do our job.

Don Greene, Ph.D., a renowned sports psychologist, teacher at the Juilliard School, and "stress" coach to top executives and entertainers, has spent decades studying fear and its effect on performance. In this groundbreaking book, Dr. Greene shares the proven techniques he has used...
with Olympic athletes, Grand Prix drivers, the Vail Ski School, Golf Digest Schools, the New World Symphony, and Merrill Lynch traders to help them perform their best under pressure.

In his years of working with Olympic and professional athletes, network news anchors, classical musicians, actors, dancers, trial attorneys, brokers, and CEOs, Dr. Greene discovered that there were certain commonalities in people’s responses to high-pressure situations. Untrained, these individuals’ reactions were allowing fear to take over and affect decision-making, poise, and display of skill. But Dr. Greene found that by applying methods such as the centering technique, these same people could work through their fear and perform better than ever before.

Stress Management


Steven Hayes

(On Amazon: $17 paperback; $12 Kindle Edition)

Get ready to take a different perspective on your problems and your life—and the way you live it. Acceptance and commitment therapy (ACT) is a new, scientifically based psychotherapy that takes a fresh look at why we suffer and even what it means to be mentally healthy. What if pain were a normal, unavoidable part of the human condition, but avoiding or trying to control painful experience were the cause of suffering and long-term problems that can devastate your quality of life? The ACT process hinges on this distinction between pain and suffering. As you work through this book, you’ll learn to let go of your struggle against pain, assess your values, and then commit to acting in ways that further those values.

ACT is not about fighting your pain; it’s about developing a willingness to embrace every experience life has to offer. It’s not about resisting your emotions; it’s about feeling them completely and yet not turning your choices over to them. ACT offers you a path out of suffering by helping you choose to live your life based on what matters to you most. If you’re struggling with anxiety, depression, or problem anger, this book can help—clinical trials suggest that ACT is very effective for a whole range of psychological problems. But this is more than a self-help book for a specific complaint—it is a revolutionary approach to living a richer and more rewarding life.

Mind Over Mood: Change How You Feel by Changing the Way You Think [Paperback]

Dennis Greenberger and Christine Padesky

(On Amazon: $19 paperback)

Developed by two master clinicians with extensive experience in cognitive therapy treatment and training, this popular workbook shows readers how to improve their lives using cognitive therapy. The book is designed to be used alone or in conjunction with professional treatment. Step-by-step worksheets teach specific skills that have helped hundreds of thousands people conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems. Readers learn to use mood questionnaires to identify, rate, and track changes in feelings; change the thoughts that contribute to problems; follow step-by-step strategies to improve moods; and take action to improve daily living and relationships. The book’s large-size format facilitates reading and writing ease.

Feeling Good: The New Mood Therapy [Mass Market Paperback]

David D. Burns

(On Amazon: $8 paperback; $5 Kindle Edition)

Also available through Stanford

The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other “black holes” of depression can be cured without drugs. In Feeling Good, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Now, in this updated edition, Dr. Burns adds an All-New Consumer’s Guide To Anti-depressant Drugs as well as a new introduction to help answer your questions about the many options available for treating depression.
Relationships


(On Amazon: $12 paperback)

Also available through Stanford Library

From the country’s foremost relationship expert and New York Times bestselling author Dr. John M. Gottman comes a powerful, simple five-step program, based on twenty years of innovative research, for greatly improving all of the relationships in your life—with spouses and lovers, children, siblings, and even your colleagues at work. In The Relationship Cure, Dr. Gottman:

* Reveals the key elements of healthy relationships, emphasizing the importance of what he calls “emotional connection”

* Introduces the powerful new concept of the emotional “bid,” the fundamental unit of emotional connection

* Provides remarkably empowering tools for improving the way you bid for emotional connection and how you respond to others’ bids

Social Anxiety

Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear [Paperback]

Martin Antony PhD (Author), Richard Swinson MD FRCPC FRCP (Author)

(On Amazon: $17 paperback; $13 Kindle Edition)

(Also available at the Stanford Library, electronic resource)

There’s nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life.

This new edition of The Shyness and Social Anxiety Workbook offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you’ll learn to:

Find your strengths and weaknesses with a self-evaluation

Explore and examine your fears

Create a personalized plan for change

Put your plan into action through gentle and gradual exposure to social situations

Information about therapy, medications, and other resources is also included. After completing this program, you’ll be well-equipped to make connections with the people around you. Soon, you’ll be on your way to enjoying all the benefits of being actively involved in the social world.

Quiet: The Power of Introverts in a World That Can't Stop Talking [Paperback]

Susan Cain

(On Amazon: $10 paperback; $8 Kindle Edition)

(Also available through Stanford Library)

The book that started the Quiet Revolution

At least one-third of the people we know are introverts. They are the ones who prefer listening to speaking; who innovate and create but dislike self-promotion; who favor working on their own over working in teams. It is to introverts—Rosa Parks, Chopin, Dr. Seuss, Steve Wozniak—that we owe many of the great contributions to society.
In Quiet, Susan Cain argues that we dramatically undervalue introverts and shows how much we lose in doing so. She charts the rise of the Extrovert Ideal throughout the twentieth century and explores how deeply it has come to permeate our culture. She also introduces us to successful introverts—from a witty, high-octane public speaker who recharges in solitude after his talks, to a record-breaking salesman who quietly taps into the power of questions. Passionately argued, superbly researched, and filled with indelible stories of real people, Quiet has the power to permanently change how we see introverts and, equally important, how they see themselves.

Additional Applications:

**Substance Recovery**

- *iQuit (iTunes; Free) / (Android; Free)*
  - Quit smoking cigarettes support and tracking
- *iPromise Recovery Companion (iTunes; Free)*
  - With the iPROMISE recovery companion you can create trigger alerts, share meetings and access shared meetings; geocode the meeting you are sitting in to add it to your meeting list; easily contact friends in recovery; keep a visual journal of your moods, challenges, and accomplishments; click an icon to call your sponsor
- *Cheers OAPE (iTunes; Free)*
  - Cheers OAPE, the official app of Stanford's Office of Alcohol Policy and Education, provides you with tools to drink safely and responsibly.

**PTSD**

- **PTSD Coach (iTunes; Free) / (Android; Free)**
  - PTSD Coach was designed for Veterans and military Service Members who have, or may have, Posttraumatic Stress Disorder (PTSD). This app provides education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD.
- **eCBT Trauma (iTunes: $0.99)**
  - eCBT Trauma is an iPhone application that helps people who have experienced a traumatic event. It uses the scientific principles of cognitive behavioral therapy (CBT) to help relieve the symptoms of Post Traumatic Stress Disorder (PTSD) and can be used in conjunction with psychotherapy or as a standalone self-help intervention.

**ADHD**

- **ADHD Angel (iTunes only; Free)**
  - Imagine an angel, a guardian looking over your shoulder, helping you with some of things that you struggle with because of your ADHD.
- **30/30 (iTunes: Free) / (Android: Free)**
  - You set up a list of tasks, and a length of time for each of them. When you start the timer, it will tell you when to move on to the next task.

**Self-Assessment/Reference**

- **LifeArmor (iTunes: Free) / (Android; Free)**
  - A comprehensive learning and self-management tool to assist members of the military community with common mental health concerns. Touch-screen technology allows the user to browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems.
- **PsychDrugs (iTunes; Free) / (Android; Free)**
  - Learn about psychotropic medication
- **120+ Mental Disorders (iTunes; Free)**
  - Learn about mental illness
- **iTRIAGE Health (iTunes; Free) / (Android; Free)**
  - Created by two ER docs, iTRIAGE helps you answer the questions: "What medical condition could I have?" and "Where should I go for treatment?" Save, easily access, and share the healthcare information that's most important to you.