



PATH

Psychology Assessment and
Treatment Services of Halton

APPS

Mindfulness / Meditation

- Calm
- Mindshift
- Headspace
- Mindfulness Coach
- UCLA Mindful
- Smiling Mind
- Stop, Breathe, Think: Meditation
- Breathe: Meditation & Sleep
- Relax Meditation: Guided Mind
- Insight Timer

Cognitive Behavioral Therapy

- CBT-I Coach (insomnia)
- CBT Thought Diary

Crisis Apps

- HOPE by CAMH
- What's Up? A Mental Health App

COVID Support App

- Covid Coach

