



Mental Health & Substance Use Fact Sheet

MOBILE APPS / VIRTUAL TREATMENT

This Fact Sheet is a compilation of Mobile Apps and Virtual Treatment Options.



MOBILE APPS / VIRTUAL TREATMENT

Mental Health and Substance Use support can come in many forms. This fact sheet provides a list of virtual supports that can be accessed through an internet connected device so information and wellness ideas can be accessed whenever and wherever they are needed.

The following guides may help you decide the **best app for you**:

- ◆ [Digital Mental Health Tools](#) (CAMH) to support clinical practice
- ◆ [Mental Health Apps: How to Make an Informed Choice](#) (Mental Health Commission of Canada)

If you are in crisis, and not able to visit or get in touch with your [local MHSU Centre](#), please contact the [Interior Crisis Line Network](#) (24 hours) at [1-888-353-2273](tel:1-888-353-2273) for immediate assistance.

Click on the links below to review Mobile Apps, App Directories and Virtual Treatment options.

Overdose Prevention Apps	App Directories
Lifeguard Digital Health Harm Reduction	Digital COVID-19 and Mental Health Resource List Centre for Addiction and Mental Health (CAMH)
Be Safe Digital Safety Planner	Best Apps to Stop Drinking Alcohol Medicine News Today
	Addiction and Mental Health Mobile App Directory (2019) Alberta Health Services
Virtual Treatment	Mobile Tools to Promote Mental Wellness Alberta Health Services
Wellness Together Canada Government of Canada/Kids Help Phone	Healthy Living Apps & Tools (Foundry) Active Living Healthy Eating Mindfulness Sleep Relationships Sexual Wellness Technology & You
eHealth & Virtual Health First Nations Health Authority	Substance Use Apps & Tools (Foundry) Alcohol Cannabis Opioids Vaping & Tobacco
Kelty's Key Free Self Help Courses Vancouver Coastal Health	Mental Health Apps & Tools (Foundry) Anxiety Stress Psychosis Depression Body Image & Eating
Bounce Back Canadian Mental Health Association (CMHA)	Tough Topics (Foundry) Bullying Loss & Grief Violence & Abuse Self-Injury
Foundry Virtual Health Virtual Drop-in sessions for ages 12-24	Help Lines Fact Sheet Directory of Provincial Help Lines

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