

Useful Apps

Tools For Peace

iOS, Android, Web
Daily Mindfulness

Headspace

iOS, Android, Web
Guided meditation sessions and mindfulness training

What's Up?

iOS
Utilizes some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more.

SAM App

iOS, Android
An application to help you understand and manage anxiety.

Whil

iOS, Android
A digital mindfulness app for schools and companies

Max Impact TBI app

iOS, Android
A reliable back-pocket support system for veterans who experience challenges from traumatic brain injuries (TBI).

Insight Timer

iOS, Android
Home to more than 2,600,000 meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores.