




Supportive Mobile Apps

Self Care	
	<p>Finch</p> <p>https://www.finchcare.com/ https://apps.apple.com/us/app/finch-self-care-widget-pet/id1528595748 https://play.google.com/store/apps/details?id=com.finch.finch&hl=en_US&gl=US</p>
Mood Tracking	
	<p>Moody (only for iOS)</p> <p>https://apps.apple.com/us/app/moody-mood-tracker-journal/id1402824590</p>
	<p>Daylio</p> <p>https://daylio.net/ https://apps.apple.com/us/app/id1194023242 https://play.google.com/store/apps/details?id=net.daylio</p>

Supportive Mobile Apps

Food Logging
(no calorie or macro counting)



Recovery Road

<https://www.recoveryrecord.com/>

<https://apps.apple.com/us/app/rr-eating-disorder-management/id457360959>

<https://play.google.com/store/apps/details?id=com.recoveryrecord>



YouAte

<https://youate.com/>

<https://apps.apple.com/us/app/ate-food-journal-health-log/id1164976477>

https://play.google.com/store/apps/details?id=com.youate.android&hl=en_US&gl=US

Mindful Eating






Am I Hungry? (\$2.99)

<https://amihungry.com/marketplace/mindful-eating-virtual-coach-app>

<https://apps.apple.com/us/app/am-i-hungry-virtual-coach/id848417396>

<https://play.google.com/store/apps/details?id=com.amihungry.virtualcoach.com>

Supportive Mobile Apps

Safety Planning	
	<p>Safety Plan</p> <p>https://apps.apple.com/us/app/suicide-safety-plan/id1003891579</p> <p>https://play.google.com/store/apps/details?id=com.moodtools.crisis.app&hl=en_US&gl=US</p>
	<p>Calm Harm</p> <p>https://calmharm.co.uk/</p> <p>https://apps.apple.com/us/app/calm-harm-manage-self-harm/id961611581</p> <p>https://play.google.com/store/apps/details?id=uk.org.stem4.calmharm&hl=en_US&gl=US</p>
Habit Tracking	
	<p>Habit Tracker (only for iOS)</p> <p>https://apps.apple.com/us/app/habit-tracker/id1438388363</p>

Supportive Mobile Apps

Meditation and Mindfulness



Smiling Mind

<https://www.smilingmind.com.au/>

<https://apps.apple.com/us/app/smiling-mind/id560442518>

https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en_US&gl=US



Insight Timer

<https://insighttimer.com/>

<https://apps.apple.com/us/app/insight-timer-meditation-app/id337472899>

https://play.google.com/store/apps/details?id=com.spotlightsix.zentimerlite2&hl=en_US&gl=US