Psychologische Studierendenberatung LINZ

Information sheet: Apps for mental health and learning support

Briefly in advance: A mental health app does not replace therapy, but it can help to bridge the waiting time. In the event of a crisis and in urgent need of assistance, please contact Crisis Aid Upper Austria: https://www. krisenhilfeooe. at/ Telephone: 0732/2177

COGITO	– The app addresses depressive symptoms and focuses on mood and self-confidence
Forest: Konzentriert bleiben	– The app promotes concentration while learning or doing important tasks
Me-Selbsthilfe & Mental Health	– The app serves as a mood diary for mental health, self-reflection and personality development
Pomodoro Timer	– The app supports the scheduling of learning sessions and breaks
Buffl	– The app helps in the creation of digital index cards
Down Dog	– App for Yoga/Meditation
eleMental	– App for mindfulness, meditation, relaxation, sleep, motivation
Body2Brain	– The app includes exercises for relaxation and stress relief
mySymptoms	– The app serves as a general diary that helps to identify the relationship between specific symptoms (e. g. headache, fatigue) and the current diet and lifestyle.
Rootd: Angst & Panik Linderung	– The app supports in dealing with panic attacks and anxiety with targeted breathing tools, lessons and exercises
Braive	– The app offers practical programs and skills development tools to help you cope with challenges, stress, fears, depressive moods
MindDoc	– The app provides support for people who want to learn about emotional health or suffer from mild to moderate mental illnesses such as depression, anxiety, eating and sleeping disorders.
ANKI	– Anki is a flashcard software that makes it easier to remember facts by repeating them at intervals.