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<th>Depression APPS</th>
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| **Stop, Breathe & Think** | • This app guides you to: STOP what you are doing. Check in with what you are thinking, and how you are feeling.  
• BREATHE- Practice mindful breathing to create space between your thoughts, emotions and reactions.  
• THINK - Learn to decrease anxiety and increase calm through guided meditation. | • A “premium” (paid) subscription is required to access some features |
| ![Stop, Breathe & Think](image1.png) | | |
| **Pacifica** | • Provides daily tools for handling stress and anxiety  
• Mood and thought tracker  
• Set daily goals  
• Can track health habits like sleeping  
• Easy to use | • You can record your thoughts for that day then pick out the negative and positive thought but it can be difficult to get privacy to use this feature |
| ![Pacifica](image2.png) | | |
| **What’s up?** | • 12 common negative thinking patterns and simple methods to overcome them  
• 10 great metaphors to help you cope with negative feelings  
• A comprehensive diary to keep your thoughts and feelings together in, including the ability to rate feelings on a scale out of 10 | • Software bugs have been reported, making some of the functions close unexpectedly. |
| ![What’s up?](image3.png) | | |

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