



# PATH

Psychology Assessment and  
Treatment Services of Halton

---

## APPS

### **Mindfulness / Meditation**

- Calm
- Mindshift
- Headspace
- Mindfulness Coach
- UCLA Mindful
- Smiling Mind
- Stop, Breathe, Think: Meditation
- Breathe: Meditation & Sleep
- Relax Meditation: Guided Mind
- Insight Timer

### **Cognitive Behavioral Therapy**

- CBT-I Coach (insomnia)
- CBT Thought Diary

### **Crisis Apps**

- HOPE by CAMH
- What's Up? A Mental Health App

### **COVID Support App**

- Covid Coach