

Mobile Apps for Mental Health Care

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Mobile applications (apps) for mental health are one more tool you can use in your psychotherapy work with your practitioner.

Do you own a smartphone or tablet?

If so, ask your mental health practitioner about apps!

If you are like most people who own a mobile device, you spend a fair amount of time on it using mobile apps and the mobile web.

More and more, healthcare practitioners are incorporating the use of health apps in their work with patients and clients. In psychotherapy, clinicians are using apps to help the learning and practice of new information, as well as track the progress of the therapy work.

Many of these health and wellness apps exist addressing conditions such as anxiety, depression, substance abuse, panic attacks, autism, stress management, smoking cessation, weight management, habit change, mood monitoring, concussion management, sleep issues, fitness and exercise, and medication management.

Ask your mental healthcare provider about apps for psychotherapy and if you have discovered some on your own, be sure to share them with your provider if you want to effectively incorporate their use in your psychotherapy work. Although apps will never replace the working relationship you have with your provider, apps can be an additional tool in the psychotherapy process.



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