











App Name Developer	Platform			Cost	Intervention Components					Available Languages	Population-Specific Tailored Content	Available COVID-19 Specific Content	Year Launched	# of Downloads (in past 90 days)		Published Research Evidence	
	iOS	Android	Web		Completely Free	Free, with additional features in paid version	CBT	Positive Psychology	Mindfulness					Chatbot/AI	Symptom Tracking		Psychoeducation
 Calm Calm, Inc.	•	•	•	•	•	•					English, German, Spanish, French, Korean, Portuguese	Children	Free resource hub online: https://www.calm.com/blog/take-a-deep-breath	2013	2.28m	2.27m	Yes
 COVID Coach National Center for PTSD	•	•		•	•	•				•	English	Some content for military personnel & parents/ caregivers	App created for COVID-19 & draws from another app by same developers	2020	16,920	9,412	No
 Happify Happify, Inc.	•	•	•		•	•	•			•	English, Chinese, French, German, Japanese, Portuguese, Spanish, Traditional Chinese	None	Has content such as “Managing Stress in Uncertain Times”	2013	30,290	9,125	Yes
 Headspace Headspace Inc.	•	•	•		•	•					English, French, German, Portuguese, Spanish	Children	COVID-19 “Weathering the storm” content pack free for everyone. Premium access is free to the unemployed, health professionals, & educators during pandemic.	2012	860,200	851,200	Yes
 NOD Grit Digital Health	•	•		•	•	•					English	College students & young people	App redesigned for COVID-19 & has activities for social distancing	2019	1,108	738	No*
 Sanvello Sanvello Health Inc.	•	•	•		•	•				•	English, text translations in Spanish & French	None	Has community discussion groups specific to the pandemic. Premium access is free during pandemic.	2012	63,020	254,800	Yes
 SuperBetter SuperBetter, LLC	•	•	•	•	•	•				•	English	None	Two new COVID-19 specific content (“Stay Strong in a Pandemic” & “Stay-at-Home Scavenger Hunt”)	2012	10,030	3514	Yes
 This Way Up St Vincent’s Hospital Sydney			•	•	•					•	English	Teenagers, young adults, & adults	Guided downloadable workbooks & resources (“Staying on Track During the Pandemic”)	2012	N/A – Web app	N/A – Web app	Yes
 Woebot Woebot Labs, Inc.	•	•		•	•					•	English	Young adults	Additional COVID-19 lesson (“Perspective”)	2018	23,760	115,800	Yes
 Wysa Wysa Ltd.	•	•		•	•	•	•	•		•	English	None	Has health anxiety & isolation content free to anyone during pandemic	2016	30,450	45,770	Yes