Mindshift is an app that is available on any iPod, iPad, iPhone through the iTunes app store and as per their website it is available via android based devices as well as Google devices.  I downloaded the app on my iPhone after exploring the internet for mental health applications. I came across a website called Anxiety BC ( [www.anxietybc.com](http://www.anxietybc.com/)) which  really caught my interest. As the name suggests the website is a resource and self help site for dealing with and managing anxiety in teens, young adults and adults. The website advertizes its mobile app Mindshift.   I am not sure who the creator of the app is but I do know that Anxiety BC is directly linked to it, because when you click on developer information on the app ( on the app store page ), it takes you to the anxiety bc website. One of the reasons I really like this app is because it is directly linked to the website, which provides so much more information such as videos and additional resources.  The website clearly advertizes that their theoretical background is CBT and I do see it in the mobile app as well.  Even though the website caters to different populations, I do feel that the mobile app is geared mostly toward the teen/ young adult population.  The reason I feel this is because of the language and terms used on within the app. For example the app has a section called ‘chill out tools’ which provides tools to help relax and calm yourself.  Having said that, I do feel that any age group can benefit from this app.   The app overall is pretty interactive and has a couple features that stood out to me. Earlier I mentioned the ‘chill out tool’, which when clicked upon provides the user with various form of relaxation techniques and allows the user to hear a computerized voice (male or female) working them through various breathing and imaginative exercises. For an app as simply defined as Mindshift, I found this feature to be very interesting and helpful.  Another feature I really like is that the app allows you to rate your anxiety level and check of symptoms you may have experienced or are currently experiencing.  It also allows you to add situations that can be anxiety causing such as dealing with conflict, social situations etc, and will then work through the issue step by step.  The quality and content of information is basic and simple, but in my opinion it is enough for a basic self help guide to work through anxiety and situations.  It is easy to use and understand using simple terminology.

Considering the app is free, I am extremely impressed with what it offers.  It would be nice if the app had a direct link to the Anxiety BC website because like I mentioned the website has a lot more resources that can be used. Also, instead of prelisting 8 anxiety causing situations to work through the app should let you type in your own anxiety causing situation and then work through that. Having the situations pre listed is very limiting, and once again makes it seem that it is primarily targeted toward teens/young adults (especially the test taking stress situation). Overall I found the app very interactive and helpful and a good tool to supplement therapy. It is something that an individual can use to work on themselves on their own time.