7 Most Popular Mental Health Apps in 2024

As the society becomes more accepting of the importance of mental wellness, the use of mental health apps, tools and programs have also increased.

Mental health apps are applications designed to offer mental health support and assistance. These applications usually offer features like meditation courses, mindfulness podcasts, sleep stories, online therapy etc.

In this article, I shall discuss 7 of the most popular mental health apps in 2024 including their features and prices.

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1. **Calm**: This has become one of the most popular mental health apps in the world. It is available in more than 190 countries in the world and its programs are led by certified therapists, psychologists and practitioners. It has more than 50M downloads on Google Play Store and a 4.5 rating.
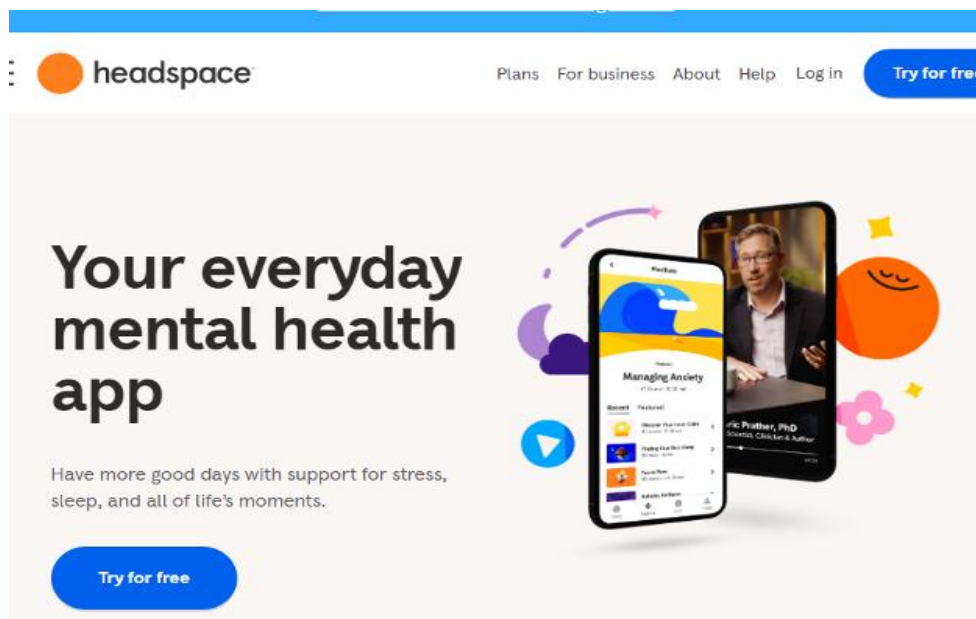
Major Features:

- Anxiety and depression assessment.

- Meditation classes and courses.

- Sleep stories.

- Breathing exercises.

Pricing: Calm offers a 7-day trial for new users and a monthly subscription of $14.99.

2. **Headspace**: It is arguably one of the top 3 meditation and mindfulness apps in the world. Its meditation and mindfulness courses and programs are taught by accredited mental health clinicians and scientists. It has 10M+ downloads on Play Store and a 4.4 rating. Headspace is widely used by many, among which is Jeff Weiner, CEO of LinkedIn.

Headspace

Major Features:

- 500+ meditations programs.

- Exercise and relaxing sounds.

- Mental Health Coaches.

Pricing: Headspace offers a 7-day free trial and a monthly subscription of $12.99.

3.Ten Percent Happier: offers meditation and mindfulness courses and programs. It has more than 500,000 downloads on Google Play Store and a 4.9 rating.

Major Features:

- Daily guided meditations.

- Sleep meditations.

- Mindfulness and meditation challenges, podcasts etc.

Pricing: offers a free 7-day trial with a monthly subscription of $8.33.

4. Insight Timer: Insight Timer is one of the most popular meditation apps used in 2024. It is a mental health app for sleep, stress and anxiety reduction. It has 5M+ downloads on Google Play Store and a 4.5 rating. Celebrities like Jennifer Aniston and Giselle Bundchen attests to its benefits.

InsightTimer   For Individuals   Blog   Guided Meditations   Login   Get started
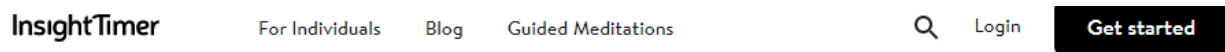
#1 free app for sleep, anxiety and stress.

Insight Timer

Major Features:

- 10K guided meditations.
- Breath works and exercises.
- Music and sound meditations.

Pricing: It is free although users can choose to donate to their favorite teachers. It also has a premium plan that costs $9.9 monthly.

5. Brightside Health: It provides online mental health care for anxiety, depression and PTSD. It has a rating of 4.4 on Apple Store.

Major Features:

- Free assessment.

- Expert therapists and psychiatric providers.

- Personalized Treatment Plans.

Pricing: Brightside therapy costs $299 per month and its psychiatry session costs $95 per month.

6. BetterHelp: It provides online therapy services for individuals, couples and teens seeking mental health help. It connects professional clinicians, mental health counsellors and therapists to users. On Play store, it has 1M+ downloads and a 3.9 rating.

BetterHelp
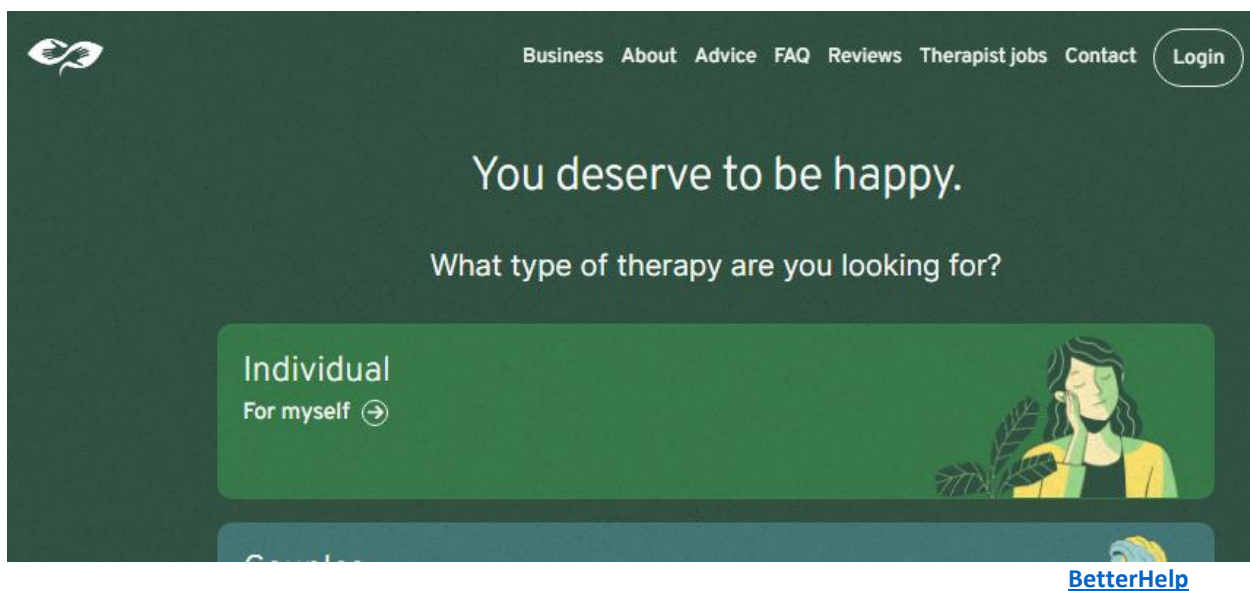
Major Features

- Certified therapists.

- Text and chat therapy.

- Video therapy.

Pricing: Its costs varies from $65 to $90 per week and is determined by location, user preferences and the therapist availability.

7. [Talkspace](#): is majorly used for therapy and counseling. It connects users with personality therapy care. it has more than 500,000 downloads on Google Play Store and a 2.4 rating. It has been represented by celebrities like Demi Lovato, Michael Phelps etc.

Major Features:

- Free mental health test.

- Messaging therapy.

- Video therapy.

Pricing: Its messaging therapy and video therapy costs between $60-$250.

Conclusion

The 7 apps discussed above are some of the most popular mental health apps in 2024. Whether you suffer from depression, anxiety or need a therapist to talk to, these apps can provide the assistance and support you need.