

# LIST OF MOBILE APPLE APPS

## Speech Communication

### Picture-based communication



Proloquo2Go	Requires iOS 12.4 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	AAC app that uses symbol and word based communication. Compatible with switch scanning and can be edited to fit the user's needs.
\$249.99		



AACorn Plus	Requires iOS 9.0 or later. Compatible with iPad.	AAC app for children that uses a word tree to formulate words and phrases. Buttons can be changed and a recorded voice can be added to custom words or phrases.
\$149.99		



TouchChat HD	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	An AAC app that is fully customizable. English and Spanish synthesized voices available. Has the option to share text generated to social media, iMessage or email.
\$149.99		



Snap Core First Full	Requires iOS 10.0 or later. Compatible with iPad.	An AAC app by Tobii Dynavox ideal for individuals with Autism, Down Syndrome, Cerebral Palsy and intellectual disabilities.
\$49.99		



Sono Flex	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	AAC app made by Tobii Dynavox that features full customization of the image buttons. Will work with both the iPad and the iPhone.
\$99.99		



Alexicom AAC	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	A free AAC app that features in app page creation and the ability to import photos from device. Compatible with variety of Bluetooth switches.
FREE	<b>Also Available for Android</b>	



Avaz AAC –  
Lifetime Edition

\$199.99

Requires iOS 10.0 or later.  
Compatible with iPhone,  
iPad, and iPod touch

**Also Available for Android**

An easy to use and customizable speech communication app for both children and adults. Can easily move between picture mode and keyboard mode. Can also access a remote therapist using Avaz Live which is built into the app.



Niki Talk

FREE

Requires iOS 8.0 or later.  
Compatible with iPhone,  
iPad, and iPod touch.

A simple AAC app that features up to 31 languages and 70 different voices. Capable of creating boards and uploading images.



SmallTalk Aphasia

FREE

Requires iOS 9.0 or later.  
Compatible with iPhone,  
iPad, and iPod touch.

An AAC app designed for individuals with aphasia. Features a set of starter icons and mouth position videos for stroke rehabilitation.



Scene & Heard

\$84.99

Requires iOS 10.0 or later.  
Compatible with iPhone,  
iPad, and iPod touch.

An AAC app that uses scenes for context based communication. Can use custom photos, video clips or audio messages.



GoTalk Now

\$99.99

Requires iOS 9.0 or later.  
Compatible with iPad.

An AAC app that has adjustable page layouts, customizable navigation, recorded and text-to-speech capabilities, and an included symbol set.



APP2Speak

\$179.99

Requires iOS 9.1 or later.  
Compatible with iPhone,  
iPad, and iPod touch.

An AAC app that includes real life photos with words and easily adjustable page sizes. Can be personalized using your own photos.



2Talk - AAC

FREE

Requires iOS 8.0 or later.  
Compatible with iPhone,  
iPad and iPod touch.

A free, simple app that is for individuals who are just beginning to use AAC.



CoughDrop  FREE	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A simple communication app that includes starter boards and different levels of communication. Can be customized with user provided images or camera photos and recorded speech.
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### Text-based communication



Proloquo4Text  \$119.99	Requires iOS 12.4 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	A text based communication app that gives a voice to literate children, teens, and adults who cannot speak. Has over 100 different voices in 18 different languages.
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Verbally  FREE Premium version available for \$99.99	Requires iOS 8.0 or later. Compatible with iPad.	An AAC app that uses words only. Core words and phrases grid available with predictive text and 3 keyboard layouts to choose from.
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Speak – Speech Synthesizer  FREE	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	A text-to-speech app. Allows the user to easily adjust volume, pitch, rate and the option to change language or accent. Internet connection not required.
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### Vision



Seeing AI  FREE	Requires iOS 10.0 or later Compatible with iPhone, iPad, and iPod touch.	An app to assist blind or visually impaired individuals with their everyday surroundings. Has different “channels” to read short text, documents, barcodes, identify people and currency, lighting, as well as experimental “channels” to identify scenery, color, and handwriting.
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TapTapSee  FREE	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An app that is designed to assist the blind or visually impaired identify everyday objects. User can take a picture or video of object and speak identification back to user.
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Be My Eyes – Helping the Blind  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An app for blind or visually impaired individuals that will connect them with a volunteer to assist them with anything from describing their surroundings or reading labels.
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KNFB Reader  \$99.99	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A text recognition app. App will read the captured content through the use of OCR. Can read PDF and JPEG images. Can be read out loud or read in braille.
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Aipoly Vision  FREE or \$4.99 for full access	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that is both an object and color recognizer. Designed to help blind and visually impaired individuals. User will point the device's camera at an object and then hear what it is.
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Visor – Low Vision Magnifier  \$2.99	Requires iOS 9.3 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A magnification app that has 4 different magnification levels and 5 different color contrast modes. Can turn on the LED flash on the device to assist with low-light. Supports VoiceOver.
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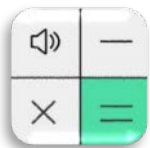
Glasses  FREE	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that uses the device's camera to view with up to 12x magnification.
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Magnifying Glass w/Light Pro  \$1.99	Requires iOS 9.3 or later. Compatible with iPhone, iPad, and iPod touch.	An app that works in conjunction with the device's camera and flash to assist reading in dim lighting and small print.
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Microsoft Soundscape  FREE	Requires iOS 12.0 or later and a device with a cellular plan.	An app that uses 3D audio technology with audio cues and labels (such as points of interest, parks, roads and stores) to enhance awareness of users surroundings.
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Voice Calc – Voice Calculator	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	A calculator app that uses real voice broadcast of numbers and reports results of calculations. Customizable calculator skins.
FREE		



Aira Vision Sim	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	An educational app that simulates one of 14 common eye diseases through the device's camera.
FREE		

## Hearing



Parent Advocacy: D/HH	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app designed specifically for parents and caregivers of school-age children who are deaf and hard of hearing. App includes important messages, legal rights, strategies for advocating, resources, and checklists for IEP's, 504, and other meetings.
FREE	Also Available for Android	



Marlee Signs	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that will teach the fundamentals of American Sign Language including the alphabet, basic vocabulary and common expressions.
FREE		



CaptionCall	Requires iOS 7.0 or later. Compatible with iPad. User must have a recognized hearing disability and provide Professional Certification of hearing loss.	An app that allows the user to make and received captioned telephone calls from your iPad. User can adjust font size, save conversations, and have captioned voicemail.
FREE		



ntouch	Requires iOS 10.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch. User must have a recognized hearing disability and provide Professional Certification of hearing loss.	An app that provides Video Relay Service for mobile sign language communication.
FREE		



P3 Mobile	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch. User must have a recognized hearing disability and provide Professional Certification of hearing loss.	An app that provides Video Relay Service for mobile sign language communication. App also includes text chat and allows users to block unwanted calls.
FREE		



Petralex Hearing Aid	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that adjusts sound to your hearing specifics. Built in hearing test and has a 4 week adaptive course for getting used to the hearing aid. Supports Bluetooth and Air Pods.
FREE		



Skype	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	A video messaging app that allows users to call up to 49 people. Chat feature, captioning, and voice calls available. Skype to Skype calls are free.
FREE	Also Available for Android	

## AT for Learning Disabilities and Executive Functioning

### Notetaking apps



Livescribe+	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that is designed to be used with the Livescribe 3 and Aegir series smartpens which allows the user to sync what is written.
FREE	Also Available for Android	



Notetalker	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	An audio recording app that allows you to bookmark recordings as well as take pictures to assist the user in notetaking.
\$0.99	Also Available for Android	



Notability	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	A notetaking app that allows you to take handwritten or text notes. You can sketch, import files, text, photos, or webpages. Can search, convert handwritten notes to text, and record audio that automatically syncs with notes.
\$8.99		





Simplenote  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A simple notetaking app to make notes and lists. Notes are searchable and can be tagged for quick reference.
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Notebook  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.  <b>Also Available for Android</b>	A notetaking app that allows the user to take notes, add images, create checklists, audio notes, or sketches. Notes can be organized into individual notebooks, grouped together, and tagged. Can set reminders and share notes.
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### Apps for Literacy



Microsoft Office Lens  FREE	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Some Android</b>	A scanning app that can save and organize digital copies of printed documents, business cards, posters or blackboards. Can search and edit documents as well as provide text-to-speech.
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Capti Voice  FREE	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	A literacy and reading support app that provides text-to-speech for documents, books, etc. Customizable text color and font. Compatible with VoiceOver.
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Speechify  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A text-to-speech app that allows you to upload documents, import website links, or copy text into the app. Can translate text into 50+ languages.
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Prizmo Go > Grab Text & Share  FREE	Requires iOS 12.2 or later. Compatible with iPhone, iPad, and iPod touch.	A photo-based scanner app that can scan and recognize text documents. Provides Text-To-Speech and fully compatible with VoiceOver. Premium version enables text export, translation, and handwriting recognition.
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Text to Speech -  FREE	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that allows you to type in or copy and paste text and listen with a human quality text-to-speech.
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Voice Dream Writer  \$5.99	Requires iOS 11.3 or later. Compatible with iPhone, iPad, and iPod touch.	App that features text-to-speech proofreading to reduce mistakes. Can also read words and sentences while typed for voice dictation. Features ability to export to Microsoft Word.
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Voice Dream Reader  \$14.99	Requires iOS 11.3 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	App that allows users to read with their ears. Features text-to-speech that is compatible with a wide range of formats like PDF, Bookshare, and audiobooks.
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Voice Pack  \$5.99	Requires iOS 8.2 or later. Compatible with iPhone, iPad, and iPod touch.	App that works with both the Voice Dream Reader and Writer, which allows the user to download two new voices for use with the apps.
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BeeLine Reader  \$1.99	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that displays text using guiding color gradients. Helpful for people with dyslexia, ADD, or vision impairments.
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Endless Reader  FREE	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that teaches with sight words using games and puzzles. Starts with 6 words for free with in-app purchases available for more words.
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OverDrive: eBooks & audiobooks  FREE	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	App that links up with your local libraries to check out eBooks and audiobooks. Can adjust reading settings of eBooks including changing font, theme, and text size.
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Libby, by OverDrive	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	App that links up with your local libraries to check out eBooks and audiobooks. Can adjust reading settings of eBooks including changing font, theme, and text size.
FREE	Also Available for Android	



MDA Avaz Reader for Dyslexia	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app with multiple features to assist reading including OCR to translate Text-To-Speech. Enables finger reading, allows for plain-text view, line-by-line reading, hints to encourage reading, and a build tool.
FREE	Also Available for Android	



Grammarly Keyboard	Requires iOS 11.2 or later. Compatible with iPhone, iPad, and iPod touch.	An app that assists users in checking spelling, grammar, punctuation, and vocabulary. Keyboard integrates smoothly with all apps and provides explanations for corrections to help you understand the mistakes.
FREE	Also Available for Android	

#### Audio Recording & Transcribing apps



Just Press Record	Requires iOS 13.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	An audio recording app that allows you to record, play back, transcribe recordings, share audio/text, and organize content.
\$4.99		



Otter Voice Meeting Notes	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that can record and transcribe audio in real time. It automatically applies punctuation, capitalization, and highlights key points. Has the ability to search, highlighted playback, and 600 free minutes a month of recording.
FREE	Also Available for Android	

#### Scheduling apps



Pocket Schedule Planner	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app to help students keep track of classes, assignments, and exams. Can customize by color, icons, save teachers contact information, and set alerts and reminders.
FREE		



CanPlan  FREE	Requires iOS 8.0 or later. Compatible with iPhone, iPad and iPod touch.	A scheduling application designed to build confidence and promote independence. Reminders/notifications can be set. Tasks can be broken down into a sequence of easy to follow steps, illustrated by photos and reinforces with text and audio instructions.
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First Then Visual Schedule  \$9.99	Requires iOS 3.2 or later. Compatible with iPhone, iPad, and iPod touch.	A scheduling application designed for caregivers to provide positive behavior support. Fully customizable, can save and share schedules, and create PDF for printing.
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### Time Tracking apps



MultiTimer: Multiple Timers  FREE	Requires iOS 10.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	A versatile and easy to use timer app. With over 10 different types of timers to choose from, you can customize the color, name, sounds, and icons. With the free version you can create 1 board with up to 12 timers.
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Focus To-Do Focus Timer&Tasks  FREE	Requires iOS 9.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.  <b>Also Available for Android</b>	A timer and task management app that combines the Pomodoro Technique and To Do Lists. App allows user to set tasks, recurring tasks, subtasks, reminders, and task priorities. User can also customize pomodoro timer/break lengths and tones for alerts.
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Toggl  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A productivity app designed to help users track where they are spending their time. Can integrate tasks with calendar, use Siri to add or update tasks, and customize entries with project labels and tags. Can produce summary reports.
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aTimeLogger Personal Tracker  \$4.99	Requires iOS 10.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.  <b>Also Available for Android</b>	A simple, easy to use time tracking app. Can customize with themes, colors, and icons. Ability to set goals and view reports with diagrams and graphs. Can use with widget or Siri shortcuts.
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### Assist with Focus apps



Stand Up! The Work Break Timer  FREE	Requires iOS 11 or later. Compatible with iPhone, iPad, and iPod touch.	A personal well-being app to help increase focus. Designed to remind the user to stand up and take breaks. Timers can be set in intervals or for certain days of the week and location can be set to only remind you at a certain location.
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iFidget  FREE	Requires iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that is designed to help people with habits from rocking back and forth to restless leg syndrome.
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White Noise Lite  FREE	Requires iOS 9.0 or later. Compatible with iPhone, iPad and iPod touch.  <b>Also Available for Android</b>	An app that offers a range of sounds to help the user keep focus, relax, or fall asleep. Has over 40 looped sounds to choose from, can mix different sounds to create your own customized soundscape, and can set alarms or timers.
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### Task apps



Remember the Milk  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.  <b>Also Available for Android</b>	A smart to-do app that allows you to set tasks and get reminded via email, text, IM, twitter or mobile notification. Ability to search tasks and notes. Integrates with Gmail, Google Calendar, Twitter, Evernote and more.
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Trello  FREE	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An organization and productivity app that uses simple and customizable boards, lists, and cards to get things done. Can turn on notifications and assign or collaborate on boards or lists.
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## Daily Living

### Automation



IFTTT	Requires iOS 11.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	An automation app that works with over 600 apps. Uses “recipes” to control, alert, back up, and even post to social media without you needing to do so manually.
FREE	<b>Also Available for Android</b>	

### Medication Tracking



Mango Health	Requires iOS 10.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.	A habit tracking app to help simplify and reward the user’s daily routine. Can set reminders for medications, healthy habits, and your mood. Gives points for keeping up with daily habits. Can also set up a caregiver profile to monitor medications and reminders.
FREE	<b>Also Available for Android</b>	



CareZone	Requires iOS 12.1 or later. Compatible with iPhone, iPad, and iPod touch.	A medication tracking app for both users and caregivers. Offers simplified medication management, a journal to document symptoms, and trackers for medication as well as blood glucose, sleep, and weight.
FREE	<b>Also Available for Android</b>	

### Habit Tracking



Habit-Bull: Daily Goal Tracker	Requires iOS 10 or later. Compatible with iPhone, iPad, and iPod touch.	An app to help the user keep track of day to day habits and routines. Habits are fully customizable, easy to track, and provides inspiring quotes to help stay motivated.
FREE	<b>Also Available for Android</b>	



Habitica: Gamified Taskmanager	Requires iOS 10.3 or later. Compatible with iPhone, iPad, and iPod touch.	A habit tracking and To Do app that uses gaming features for users to stay motivated and organized. User creates an avatar that can level up and unlock features such as armor or pets by completing tasks and working on healthy habits.
FREE	<b>Also Available for Android</b>	

## Calendar apps



PocketLife Calendar	Requires iOS 11.4 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	A calendar app that allows you to share your calendar, sync with Google, iCal, and Yahoo, and create events and reminders.
FREE		



Cozi Family Organizer	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	A shared calendar and lists app that allows you to keep track of every family members schedule. Also has a recipe box to keep and organize all your recipes.
FREE	Also Available for Android	

## Apps for Children/Adolescents



Stop, Breathe, Think Kids	Requires iOS 10.1 or later. Compatible with iPhone, iPad and iPod touch.	A mindfulness, meditation app for kids to help them discover and develop skills for sleep, being calm, learning to breathe, and resolve conflict. Can create up to 5 profiles for different children and 15 free mindful activities for every situation.
FREE		



Breathe, Think, Do with Sesame	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app to help teach children skills such as problem solving, self-control, planning, and task persistence. Available in English and Spanish.
FREE	Also Available for Android	

## Brain Injury and Emotional Wellness

### Brain Injury



CDC HEADS UP Concussion and Helmet Safety	Requires iOS 6.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that teaches the user how to spot a possible concussion and what to do if someone has a concussion or serious brain injury. The application also features a 3D helmet fit and teaches about proper helmet safety.
FREE	Also Available for Android	

## Brain Exercise



Brain Yoga	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that aims to train your brain in a relaxing way. Has 11 puzzle game, no timers and no high scores.
FREE	<b>Also Available for Android</b>	



Lumosity	Requires iOS 11.2 or later. Compatible with iPhone, iPad, and iPod touch.	A brain training app with over 40 mind games to improve cognitive and academic abilities. The app offers workout modes, detailed training insights, and mindfulness training.
FREE	<b>Also Available for Android</b>	



Brain HQ	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	A brain training app with exercises focused on cognitive improvement, real-world improvements, and physical brain changes.
FREE	<b>Also Available for Android</b>	



Elevate	Requires iOS 11.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.	A brain training app designed to improve focus, speaking abilities, processing skills, memory, math skill and more. The app includes over 35 games, workout calendar, and personalized daily puzzles.
FREE	<b>Also Available for Android</b>	

## For Aphasia



Language Therapy 4 in 1	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	A 4 in 1 app designed to be used for individuals with aphasia. Features comprehension, reading, naming, and writing.
\$74.99	<b>Also Available for Android</b>	



Dexterity	Requires iOS 12.2 or later. Compatible with iPhone, iPad, and iPod touch.	An app that uses unique hand and finger activities to build strength, control, and dexterity. Does automatic tracking and reporting that can be emailed directly from the app. Can be used with both children and adults.
\$5.99	<b>Also Available for Android</b>	



## Mental Health tools



PTSD Coach	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	This app provides education on PTSD, self-assessments, tools to help manage PTSD, and information regarding professional care.
FREE	<b>Also Available for Android</b>	



Breathe2Relax	Requires iOS 9.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.	A stress management app that provides detailed information on the effects of stress as well as instructions and practice breathing exercises to help reduce stress.
FREE	<b>Also Available for Android</b>	



MindShift CBT	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	MindShift is a free, scientifically based anxiety tool. The app uses Cognitive Behavioral Therapy (CBT) to help the user learn to relax, be mindful, develop more effective ways of thinking, and use active steps to take charge of anxiety.
FREE	<b>Also Available for Android</b>	



Calm in the Storm	Requires iOS 7.1 or later. Compatible with iPhone, iPad, and iPod touch.	An app help reduce, manage and learn about stress. Includes guided meditations, tools for assessing and tracking stress levels, and information regarding stress.
FREE		



Virtual Hope Box	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app designed to help with coping, relaxation, distraction and positive thinking. User has the ability to save documents they personally find supportive.
FREE	<b>Also Available for Android</b>	

## Meditation apps



MyLife Meditation	Requires iOS 11.1 or later. Compatible with iPhone, iPad, and iPod touch.	Formally known as Stop, Breathe, Think. A mindfulness, meditation app to help reduce stress and anxiety. User can log and track progress. Over 40 free guided activities available in different lengths to fit your schedule.
FREE	<b>Also Available for Android</b>	



Smiling Mind  FREE	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A mindfulness, meditation app from Australia. Meditation programs available for children, youth, adults, the classroom, the workplace, and for sleep. Can set reminders and follow progress.
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Calm  FREE	Requires iOS 10.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.  <b>Also Available for Android</b>	An app for meditation, sleep, and relaxation. App contains sleep stories, guided meditation, and relaxing music. Can participate in a breathing exercise, programs for kids or a masterclass, and can customize app with different scenes and sounds.
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