

Apps for ADHD

What is out there?



Finding support can be overwhelming so we've listed some of our favourite apps available for you to explore!

Finch

Part self care app, part virtual pet, Finch is a comforting way to check in with your emotions daily. Take care of your pet by taking care of yourself, and use its prompts and tools to build healthy habits and emotional strength!

Flora Green

Free!

Flora is a new way to stay off your phone, clear to-do lists, and build positive, life-changing habits. Whenever you want to make progress toward your goals.

Inflow

A science-backed app specifically designed for ADHD, offering cognitive behavioral therapy (CBT) techniques, symptom tracking, and practical coping strategies. It provides a comprehensive library of ADHD-specific content and coaching.

Headspace

Through evidence-based meditation and mindfulness tools, mental health coaching, therapy, psychiatry, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.

Tiny Decisions

Tiny Decisions gamifies decision making by letting you spin a customizable wheel. It's perfect for managing decision fatigue and creating a bit of fun around daily choices and help reduce overwhelm.

Fabriq

Keeping up with everyone's lives can feel overwhelming when your own is already so busy. Fabriq makes staying connected with loved ones easier by helping you track your relationships and sending gentle reminders to check in.

Sweepy

If you struggle to keep your home organized and can't motivate yourself to clean, give Sweepy a shot! Automatically generate a cleaning schedule, Share the chores with your household members, and even compete for a place on top of the leaderboard!

