Your Gateway to Trusted Digital Health Tools

Browse a curated collection of digital health tools, each independently evaluated using ORCHA's Digital Health Assessment Framework (DHAF) – designed to help patients take small steps toward better health and overall well-being.

🔍 Search condition or keyword...   **Search**

Highlighted Health Categories

COPD & Asthma

Discover trusted digital health products designed to help people living with COPD or asthma manage their respiratory health day to day. These tools can help patients track symptoms, monitor inhaler use, recognize triggers, and follow personalized care plans.

Explore Trusted Apps

Diabetes

Explore evidence-based technologies that support diabetes self-management and patient engagement. From glucose tracking and nutrition logging to medication reminders and education, these tools can help patients stay connected to their care plans between visits.

Explore Trusted Apps

Heart Health

Discover trusted apps that help patients monitor blood pressure, track activity, manage medications, and make heart-healthy lifestyle changes.

Explore Trusted Apps

Weight Management

Explore trusted tools that help patients build healthier routines through nutrition tracking, physical activity, goal setting, and behavior change support.

Explore Trusted Apps

Mental Health

Explore technologies that help patients manage stress, anxiety, depression, and overall mental wellness. These tools offer guided mindfulness, cognitive behavioral strategies, and mood tracking to support daily coping and resilience.

Explore Trusted Apps

Sleep

Find trusted digital health tools that help patients improve their sleep habits, track rest patterns, and manage issues like insomnia or nighttime stress.

Explore Trusted Apps

Find Safe and Effective Apps

The ORCHA Digital Health Library empowers you to:

- Identify safe, effective, and evidence-based digital health tools.
- Recommend apps that support meaningful patient outcomes.
- Navigate the growing world of digital health with confidence.

All featured apps have undergone thorough, independent reviews to ensure that they meet or exceed the criteria of the DHAF — a benchmark developed in collaboration with the American College of Physicians, American Telemedicine

Home / **Search**

🔍 depression   ✕ | Filter

| Categories ▾ | Cost ▾ | Intended Audie... ▾ | General Features ▾ | Clinical Features ▾ | Accreditations ▾ | Platform |

27 search results

Sorted : Mental Health
Healthy Living   Mental Health   Respiratory

In App Purchases

🍎 **89%**   🤖 **88%**
Level 3 ⓘ   Level 3 ⓘ

Olympic sports   Improve your sleep   Grow your

MENTOR360: Forming New Habits
Healthy Living   Mental Health

In App Purchases

🍎 **88%**   🤖 **88%**
Level 2 ⓘ   Level 2 ⓘ

Be Inspired   Track your progress   Find the right formula for you

Wysa: M
Healthy Living

In App Purchases

🍎 **87%**
Level 4 ⓘ

AI FRIEND

ORCHA   Home   About   FAQs   NM

Description:

What is Wysa Mental Health Support?

Wysa Mental Health Support is an app with an artificially intelligent (AI) chatbot that you can text chat with.

The app helps you sleep better and gives you ways to manage depression, stress and anxiety.

Who can use Wysa Mental Health Support?

Wysa Mental Health Support is suitable for adults and children over 13 years old.

How does Wysa Mental Health Support work?

Wysa Mental Health Support works by providing you with relaxation guides and exercises to reduce stress, help you sleep better and manage depression.

It also provides you with a safe space to have private text chats with an artificially intelligent (AI) chatbot.

You can use a guide to help you meditate. And there are two different types of talking therapy that can help you learn more about how you think and behave: cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT).

How was Wysa Mental Health Support made?

Wysa Mental Health Support was made with the help of healthcare professionals and evidence based research.

How much is Wysa Mental Health Support?

Wysa Mental Health Support is free to download, and some of it is free to use. Some healthcare provider...

Show more

ORCHA ASSESSED   **87%**

Data   **84%**

Professional Assurance   **92%**

Usability & Accessibility   **80%**
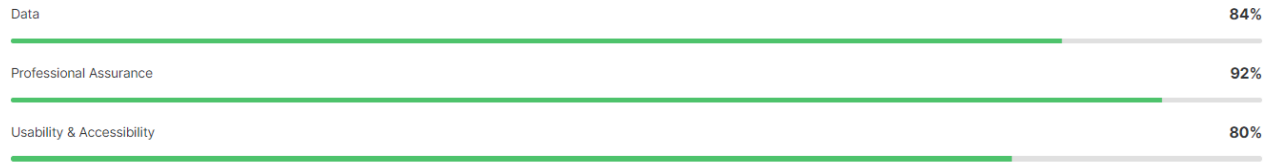
Score Details:

Data	Professional Assurance	Usability & Accessibility

Professional Backing

The app **does** appear to have a suitably qualified professional involved in its creation and delivery.

The app **appears** to be being used in recognised health and care environments/organisations.

Evidence

The app **appears** to have suitable evidence to support its claimed benefits.

Regulatory Requirements