

EviHealth Nkabom

nkabomforall.org

Digital Tools for Well-being

Your Pocket Wellness Companion

A practical guide to mobile-friendly tools and resources that support mental health, substance use prevention, and daily well-being — designed for communities across Ghana.

Available in: Twi | Ga | Ewe | Dagbani



Introduction: Your Well-being in Your Hands

Mental health matters. Whether you are dealing with stress, grief, anxiety, or substance use, you do not have to face it alone. Technology can be a first step to getting help — right from your phone.

This guide introduces digital tools that work within Ghana's mobile network — including tools that work on basic phones with no data needed. You will find apps, self-help resources, and ways to connect with professional support from wherever you are.

Three Pillars of EviHealth Nkabom

Awareness & Education — Know the signs. Break the stigma.

Advocacy — Your voice matters. Speak up for mental health.

Digital Access — Tools that reach you, wherever you are.



Section 1: App Features — Tools for Your Mind

You do not need expensive devices. Many of these apps work on Android phones and basic smartphones. Look for them on the Google Play Store or through USSD/SMS services where noted.

1.1 Mood Tracking Apps

Tracking how you feel each day helps you notice patterns — and gives you something concrete to share with a counsellor or doctor.

Dayli | Android & iOS | Free

- Track your mood with a single tap — no writing needed
- Add activities like sleep, exercise, or social time to see what affects your mood
- View mood charts over days, weeks, and months
- Set daily reminders so you never forget to check in
- Works offline — no internet needed after download

Bearable | Android & iOS | Free (Basic)

- Track mood, symptoms, sleep, and energy in one place
- Add notes or voice memos about how you are feeling
- Customise your tracker to fit your life
- Share mood reports with your healthcare provider
- Useful for people managing chronic stress or health conditions

Mood Tools | Android & iOS | Free

- Designed specifically for depression awareness and support
- Includes a PHQ-9 depression screening tool
- Offers a safety plan feature if you are in crisis
- Thought diary to challenge negative thinking
- Includes links to crisis resources

1.2 Relaxation & Breathing Apps

When stress or anxiety becomes overwhelming, these tools can help you calm your body and mind in minutes.

Calm | Android & iOS | Free (Basic)

- Guided breathing exercises — as short as 2 minutes
- Sleep stories to help with insomnia
- Body scan meditations to release tension
- Daily calm sessions to start your morning well
- Free version includes essential tools; no subscription required to begin

Insight Timer | Android & iOS | Free

- Over 100,000 free guided meditations — largest free library available
- Includes African and culturally diverse teachers and voices
- Works with limited data — meditations can be downloaded for offline use
- Includes breathing timers and focus music
- Suitable for beginners with no prior meditation experience

Breathwork | Android & iOS | Free

- Simple, visual breathing guides for anxiety, sleep, or energy
- Each exercise takes 1 to 5 minutes — easy to use anytime
- Clinically-backed breathing patterns (box breathing, 4-7-8 method)
- No sign-up required to use basic features
- Vibration mode available for quiet or discreet use

1.3 Guided Meditation Apps

Meditation builds mental strength over time. These apps guide you step by step — even if you have never meditated before.

Headspace | Android & iOS | Free Trial

- Beginner-friendly meditation courses in easy steps
- Sleepcasts and sleep meditations for rest
- Mindful movement exercises and quick SOS tools for stress
- Some content available for free; student and low-income discounts offered
- Courses on focus, relationships, anxiety, and grief

UCLA Mindful | Android & iOS | Completely Free

- Developed by UCLA Health — evidence-based and clinically informed
- Guided meditations in English and Spanish (simple language)
- Body scan, breathing, and loving-kindness practices
- No account needed — open and use immediately
- Works on older Android devices with low storage

Tip for Low-Data or Basic Phone Users

If you have a basic phone or limited data, you can still access mental health tools through:

- USSD codes — short codes you dial to reach support services (no internet needed)
- WhatsApp voice notes — some counselling services accept voice messages
- SMS services — some NGOs and health lines accept text message queries
- Downloadable offline apps — download once on Wi-Fi, use anywhere

EviHealth Nkabom is developing a voice-first platform in Twi, Ga, Ewe, and Dagbani for communities with limited smartphone access.



Section 2: Self-Help Resources — Building Your Coping Toolkit

Self-help tools give you skills to manage difficult emotions, thoughts, and behaviors on your own. They are not a replacement for professional care, but they are a powerful starting point.

2.1 Mood & Thought Journals (Downloadable Worksheets)

Writing about your thoughts and feelings is a proven way to reduce stress and gain clarity. Print or use these digitally:

- Daily Mood Log — Rate your mood from 1–10 each day, note what happened, and identify triggers
- Thought Record Sheet — Write down upsetting thoughts and challenge them with facts (Cognitive Behavioral Therapy technique)
- Gratitude Journal Template — List 3 good things each day to shift focus toward positive experiences
- Anger/Stress Tracker — Identify patterns in what triggers strong emotions so you can plan responses
- Sleep Diary — Track sleep quality, bedtime routines, and how sleep affects your mood

Where to Find Free Worksheets

- Psychology Tools: www.psychologytools.com (free CBT worksheets in simple language)
- Therapist Aid: www.therapistaid.com (hundreds of free mental health worksheets)
- Mind UK: www.mind.org.uk (plain-language guides on anxiety, depression, and more)
- EviHealth Nkabom: Visit nkabomforall.org for Ghana-specific resources (coming soon)

2.2 Substance Use Prevention Resources

If you or someone you know is struggling with alcohol, cannabis, or other substances, these tools can help take the first step.

App: Sober Tool

- Free app for people wanting to cut back or stop substance use
- Daily motivational messages personalized to your goals
- Tracks days sober and money saved
- Includes a 24/7 community chat feature for peer support
- Uses CBT-based exercises to manage cravings

App: Quit That!

- Track any habit you want to stop — alcohol, smoking, gambling
- Visual countdown shows days, hours, and minutes free from the habit
- Calculates how much money you have saved
- Simple design — works for users at any tech level

Self-Help Guide: SMART Goals for Recovery

Use the SMART framework to set realistic goals around your substance use:

| | |
|----------|---|
| S | Specific — What exactly do you want to change? |
| M | Measurable — How will you track your progress? |
| A | Achievable — Is this goal realistic for your life right now? |
| R | Relevant — Does this goal connect to something that matters to you? |
| T | Time-Bound — When will you start, and when will you review? |

2.3 Coping Skills Development

Coping skills are practical tools you use when emotions feel too big to handle. Practice them regularly — not just in a crisis.

The 5-4-3-2-1 Grounding Technique

When you feel anxious or overwhelmed, try this exercise to bring yourself back to the present moment:

- 5 things you can SEE around you right now
- 4 things you can TOUCH — feel their texture
- 3 things you can HEAR in your environment
- 2 things you can SMELL or scents you like
- 1 thing you can TASTE or want to taste

Problem-Solving Worksheet

- Step 1: Write down the problem clearly in one sentence
- Step 2: List 5 possible solutions — even silly ones
- Step 3: Rate each solution: Easy / Hard, Helpful / Not helpful
- Step 4: Choose the best option and write your action plan
- Step 5: After trying it, reflect — what worked? What would you change?

Quick Coping Techniques for Any Phone

Try these simple practices — no app required:

- Box Breathing: Breathe in 4 counts, hold 4, breathe out 4, hold 4. Repeat 4 times.
- Progressive Muscle Relaxation: Tense each muscle group for 5 seconds, then release.
- Positive Affirmations via SMS: Save encouraging messages to read when you feel low.
- Voice Notes: Record yourself speaking about your feelings — listening back helps process emotions.

Section 3: Telehealth Information — Getting Professional Support

Telehealth means getting mental health care from a professional through your phone or computer — without having to travel to a clinic. It is secure, private, and increasingly available across Ghana and West Africa.

3.1 What is Teletherapy?

Teletherapy is therapy — counselling with a trained mental health professional — done via:

- Video call (like WhatsApp Video, Zoom, or Google Meet)
- Voice call — standard phone call to a counsellor
- Text/chat — typing with a therapist in real time
- Email or messaging — for less urgent support

| Benefits of Teletherapy | Things to Know |
|--|---|
| No travel needed — speak from home | Find a quiet, private space for your session |
| Less stigma — neighbors won't see you enter a clinic | Make sure your phone is charged and has signal |
| Easier to access for people in rural areas | Sessions are confidential — the therapist cannot share your information |
| Available evenings and weekends | You can stop a session if you feel uncomfortable |
| Often lower cost than in-person therapy | Ask about fees before your first session |

3.2 Telehealth Platforms Available in Ghana & West Africa

Ghana-Based and Africa-Focused Services

- Mobi health International — Telemedicine platform operating in Ghana; connects patients with doctors via app or USSD code (available on basic phones)
- Afya Jet — Mobile health platform for West Africa; includes general and mental health consultations
- Healio — Ghana-based telehealth connecting patients to licensed professionals by phone or video
- Ghana Health Service Mental Health Unit — Contact: 0800-111-900 (toll-free helpline); available during working hours
- Befrienders Ghana — Emotional support helpline: +233 244 846 800 (free, confidential)

International Platforms with African Users

- Better Help — Online therapy via text, voice, or video; pricing in USD but sliding scale available; professional therapists only
- 7 Cups — Free online emotional support from trained listeners; option to upgrade to licensed therapist; completely free for community support
- Talk space — Text-based therapy subscription; professional therapists; some financial aid options available
- Crisis Text Line — Text HOME to 741741 (USA) for crisis support; available 24/7; not Ghana-specific but accessible internationally

3.3 How to Prepare for Your First Telehealth Session

1. Find a quiet, private place where you will not be interrupted or overheard
2. Charge your phone to at least 50% before the session
3. Test your internet or mobile data connection — ask to switch to voice call if video does not work
4. Write down what you want to discuss before the call so you do not forget in the moment
5. Have a glass of water nearby — talking about emotions can be tiring
6. Know that it is okay to pause, cry, or ask the therapist to slow down
7. After the session, give yourself time to rest — do not rush back into a busy day

If You Are in Crisis Right Now

Please reach out immediately:

- Befrienders Ghana: +233 244 846 800
- Ghana Health Service Mental Health Helpline: 0800-111-900 (toll-free)
- Go to your nearest hospital or community health center
- Tell someone you trust — a family member, friend, pastor, or community leader

You are not alone. Help is available.

Quick Reference: At-a-Glance Resource Guide

| Resource | Type | Best For |
|---------------------------|-------------------|---|
| Dayli | Mood Tracking App | Tracking daily emotions without writing |
| Insight Timer | Meditation App | Free guided meditations, offline use |
| Breathwork | Breathing App | Quick anxiety relief in 1–5 minutes |
| Mood Tools | Mental Health App | Depression awareness and safety planning |
| Sober Tool | Recovery App | Substance use support with peer community |
| UCLA Mindful | Meditation App | Free, evidence-based, no account needed |
| Psychology Tools | Worksheet Website | Free CBT worksheets and self-help guides |
| 7 Cups | Online Support | Free listener support and community |
| Befrienders Ghana | Crisis Helpline | Free, confidential emotional support |
| Ghana Health Service | Telehealth Line | Toll-free mental health helpline |
| Mobi health International | Telemedicine | Doctor consultations via USSD or app |
| Better Help | Online Therapy | Licensed therapist, text/video sessions |

A Final Word

Seeking support is not a sign of weakness. It is one of the bravest things you can do. Whether you start by downloading one app, filling out one worksheet, or making one phone call — that one step matters.

EviHealth Nkabom is here to walk alongside Ghanaian communities through awareness, advocacy, and digital access — so that mental wellness is never out of reach.

Visit us: nkabomforall.org

Languages: Twi | Ga | Ewe | Dagbani | English

Partners: EviHealth Consulting | AHPC-Ghana | Mental Health Society of Ghana | Brazza International Foundation