

Websites:

1. **Therapist Aid** (Website: <https://www.therapistaid.com/>)
 - Offers a wide range of free printable worksheets and handouts related to CBT and other therapeutic techniques.
2. **Psychology Tools** (Website: <https://www.psychologytools.com/>)
 - Provides free CBT worksheets, exercises, and information on various mental health topics.
3. **MoodGYM** (Website: <https://moodgym.com.au/>)
 - An interactive CBT program designed to help users manage and prevent symptoms of depression and anxiety.
4. **Get Self Help** (Website: <https://www.getselfhelp.co.uk/>)
 - Offers a variety of CBT worksheets and self-help resources for different mental health concerns.
5. **Centre for Clinical Interventions** (Website: <https://www.cci.health.wa.gov.au/>)
 - Provides self-help resources and workbooks based on CBT principles for managing a range of emotional and psychological issues.

Apps:

1. **Woebot** (App: iOS and Android)
 - A chatbot-based app that uses CBT principles to provide emotional support and help users challenge negative thoughts.
2. **Calm Harm** (App: iOS and Android)
 - Designed for individuals struggling with self-harm, this app offers CBT-based activities to manage and cope with overwhelming emotions.
3. **Happify** (App: iOS and Android)
 - Offers a variety of activities and games based on CBT and positive psychology to boost mood and reduce stress.
4. **Wysa** (App: iOS and Android)
 - An AI-driven mental health chatbot that uses evidence-based CBT techniques to provide support and coping strategies.
5. **Youper** (App: iOS and Android)
 - Combines AI and CBT techniques to help users understand and manage their emotions and thoughts.
6. **CBT Thought Record Diary** (App: iOS and Android)
 - A simple app for tracking and challenging negative thoughts using CBT principles.