SMS – Short Message Service
Facebook Messenger – Facebook App that lets you send texts to people on Facebook
Message+ -- Verizon’s Texting App
Messages – Apple’s Texting App
AT&T Messages App  -- no longer available on select devices

As of December 15, 2017, the AT&T Messages app was discontinued on select devices. You can still access the app on your computer or tablet, but certain actions taken on your phone now no longer sync to the AT&T Messages app.

SMS stands for Short Message Service and is the most widely used type of text messaging. With a SMS, you can send a message of up to 160 characters to another device. Longer messages are normally split up into multiple messages. MMS stands for Multimedia Messaging Service.

What’s the difference between SMS and MMS? – Twigby Help & Support
https://twigby.zendesk.com/.../115010624828-What-s-the-difference-between-SMS-and...