

# Mental Health Apps

## Beat Panic



Beat Panic is designed to guide people through a panic attack or raised anxiety using their phone.

## Bluelce



Bluelce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

## Calm Harm



Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.

## Catch It



Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

## Chill Panda



Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

## Cove



Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.

## distrACT



The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. The content has been created by doctors and experts in self-harming and suicide prevention.

## eQuoo: Emotional Fitness Game



The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.

## ieso



ieso is an online course using instant messaging for people with mental health problems. The confidential service puts you in touch with a therapist trained in cognitive behavioural therapy. The therapy is by text so you can review your sessions at any time.

## MeeTwo



The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.

## MY POSSIBLE SELF: THE MENTAL HEALTH APP



Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.

## SilverCloud



SilverCloud is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.

## Stress & Anxiety Companion



Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.

## ThinkNinja



ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

## Student Health App



The Student Health App provides easy access to more than 900 pages of reliable health information all in one place. The content has been created for university students by NHS doctors and is regularly updated. Use the app to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.

## Thrive



Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.

## Calm



Calm Is The App For Mental Fitness, Designed To Help You Manage Stress. Sleep Better And Live A Happier, Healthier Life. It features meditation, sleep aid, gentle movement and stretching and music designed to help you focus, relax and sleep.

## notOK



notOK is a free app developed by a struggling teenager (and her teen brother) for teenagers. The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: "Hey, I'm not OK! Please call, text, or come find me."

## CATCH IT



What's up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive.

## Quit That! – Habit Tracker



Quit That! is a completely free app that helps users beat their habits or addictions. Whether you're looking to stop drinking alcohol, quit smoking, or stop taking drugs, it's the perfect recovery tool to track and monitor your progress. Track as many vices as you want and find out how many minutes, hours, days, weeks, or years it's been since you quit.

## MindShift



MindShift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety.

## Self-Help for Anxiety Management (SAM)



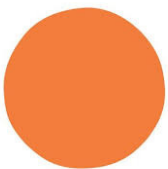
SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques.

## PTSD Coach



PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What's great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music.

## Headspace



Targeted to anyone who wants to learn meditation to reduce anxiety and stress and improve their attention and awareness; good for a beginner to establish a regular meditative routine.

## MoodTools



MoodTools is a self-help app targeting depression. It provides psychoeducation about risk factors and psychosocial approaches to treatment, a depression symptom questionnaire (PHQ-9), a thought diary, a suicide safety plan, and videos such as meditation guides.