



iPhone



iPad



Android

Apps for self help

Hands Up Therapy: £0.79

This app helps us to try and deal with our emotions in a healthier way. It aims to help you feel more relaxed and achieve good mental health in the long term.

Compatible with: iPhone, iPad.



Mindfulness by Digipill: £1.49

This app is a guided meditation app to try and help you to calm down, relax and be mindful.

Compatible with: iPhone, iPad.



Panic Attack Aid: £2.99

This app helps to bring a calming relief to those who suffer from panic attacks by using a combination of breathing techniques and distractions.

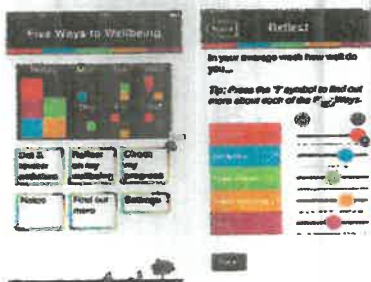
Compatible with iPhone, iPad, Android.



Five ways to well-being: Free

This app looks at five areas of wellbeing, helping you to connect, take notice, be active, keep learning and give way to your improved wellbeing. This is done by setting activities, reflecting and tracking your progress

Compatible with: iPhone, iPad, Android.



SAM: Self-help for Anxiety Management: Free

This app provides you with a range of self-help methods such as relaxation techniques and anxiety toolkits to help you to try and manage your anxiety.

Compatible with: iPhone, iPad, Android.



Virtual Hope Box: Free

This app provides tools to help you think positively. It contains distractions, relaxation techniques. It allows you to include personal things such as photographs, music and inspirational quotes to help you think more positively.

Compatible with: iPhone, iPad, Android.



Kooth.com: Free

Kooth provides online support, counseling, information and peer support. This website is free, safe and anonymous

Compatible with: Internet.



School Nurse: Free

This app is for young people aged 10 to 18. It contains information about a range of health and wellbeing issues including sensitive topics. It also provides you with information on services you can access in your area.

Compatible with: iPhone, iPad, Android.



Beat Panic: £0.79

This app provides you with a series of soothing cards which you can use to help guide you through your panic attack and help you to reduce your panic/anxiety.

Compatible with: iPhone, iPad.



Mindshift: Free

This app aims to try and help you to develop more helpful ways of thinking about your anxiety. With the overall aim of trying to help you learn to relax and reduce your anxiety.
Compatible with: iPhone, iPad, Android.



Happify: Free

This app contains items such as games, quizzes and activities. Aiming to help you improve your confidence, think more positively and help you to cope better with stress. Helping you to have a happier outlook on life.
Compatible with: iPhone, iPad.



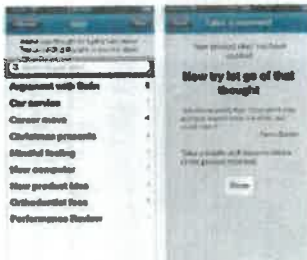
Breathe2Relax: Free

This app provides a range of tools to help guide you through breathing exercises. These exercises can help you to manage a number of things such as stress, anxiety and anger.
Compatible with: iPhone, iPad, Android.



Thought Box: Free

This app allows you to input your thoughts and return to the present moment helping you to be more mindful. You can then later on step back and look at your thoughts, so that you can notice any positive or negative thoughts and reflect on them.
Compatible with: iPhone, iPad.



Headspace.com: Free

This app guides you through mindfulness techniques, helping to motivate you and train your mind to try and help you to reduce your stress and worries.
Compatible with: iPhone, iPad, Android.



Colorfy: Colouring Book for Adults: Free

This app is a fun way of practicing mindfulness as it allows you to focus on creating a colourful picture and relax your mind. This app is really easy to use; you simply choose your colour and tap where you want it to go.
Compatible with: iPhone, iPad, Android.



Catch It: Free

This app allows you to create a diary to record your mood. This app helps you to better understand your moods and provides you with examples of how you can change your mood.
Compatible with: iPhone, iPad



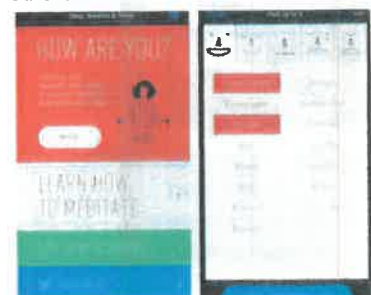
Relax Melodies: Free

This app provides you with relaxing music and allows you to create playlists to help you feel relaxed and help you with concentration, meditation and falling asleep.
Compatible with: iPhone, iPad, Android.



Stop, Breathe & Think : Free

This app is a mindfulness app and allows you to check how you are thinking / feeling and choose a meditation exercise based on your feelings.
Compatible with: iPhone, iPad, Android.



IN HAND: Free

This app is designed to help you in times of stress or low mood. Taking you through different activities depending on how you're feeling, In Hand aims to focus you on where you're at and bring back the balance. This app was made by young people for young people.

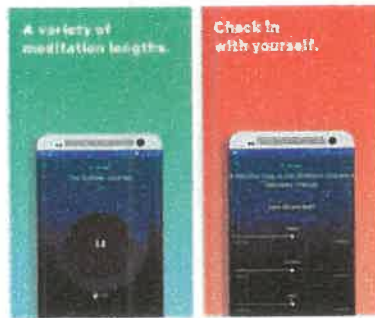
Compatible with: iPhone, iPad, Android



Smiling Mind: Free

This app provides guided meditation tailored to age starting from aged 7 upwards. Just as we eat well and stay fit to keep our body healthy, meditation is about mental health and looking after the mind.

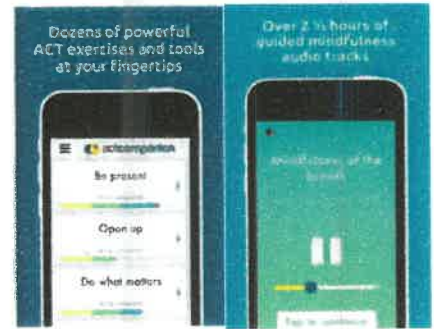
Compatible with: iPhone, iPad, Android



ACT Companion: The Happiness Trap: £7.99

If you're working with an ACT coach, clinician, or self-help book, then ACT Companion will help you put what you've learned into practice and create meaningful change in your life.

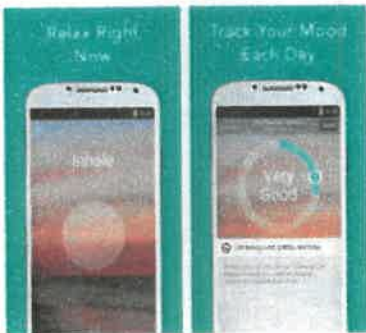
Compatible with: iPhone, iPad, Android



Pacifica: Free

This app gives you holistic tools to address worry, low mood and stress based on Cognitive Behavioral Therapy, mindfulness, relaxation, and health.

Compatible with: iPhone, iPad, Android



Colouring Book for Me: Free

This app is a perfect tool to relax and release your inner artist. The app allows you to focus on creating a colourful picture and relax your mind.

Compatible with: iPhone, iPad, Android

