



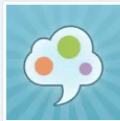
# Get Appy!

## Help with anxiety:



**MindShift**  
Free

An app to help you understand, reflect and manage your anxiety, worry, panic and/or phobias. It provides you with the tools to face your anxiety rather than avoid it. You can learn, set yourself goals and engage in different activities.



**SAM: Self-help for  
Anxiety Management**  
Free

Observe how anxiety affects you over time; this app helps you to understand and manage your anxiety through self-help exercises and private reflection.



**My Possible Self**  
For 16+ years  
Free

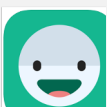
Follow the simple learning modules which focus on different things (stress, worry, unhelpful thinking and many more). The modules include a learning section and an activity section. It is a great way to take control of your thoughts, feelings and behaviours.



**Stress & Anxiety  
Companion**  
Free (+ in-app purchases)

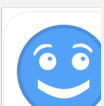
This app helps you to manage anxiety on-the-go. It has breathing exercises, relaxing music and games. It helps you to challenge your negative thoughts to help you cope with life's ups and downs. A simple yet effective app.

## Help with low mood / depression:



**Daylio**  
Free

This diary tracker lets you record your mood and activities in order to identify patterns of behaviour that may be contributing to your low mood. You can then use this information to create more positive patterns and improve your mood.



**Moodfit**  
Free

Customise goals, gain insight into what brings you up and down, use tools including challenging thoughts, mindfulness, breathing and grounding to boost your mood as well as improve your sleep and general wellbeing.



**Moodpath**  
Free  
(+ in-app purchases)

An app to assist you on your journey to taking control of your thoughts and feelings. Identify patterns through the diary, read useful information and listen to audio tracks for guidance and encouragement.

*Recommended by nhs.uk and mindcharity.co.uk although they are not the authors.*



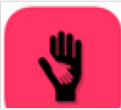


## Help with anxiety AND low mood / depression:



**Catch It**  
Free

This app teaches you how to look at problems in a different way and turn negative thoughts into positive ones. You can look back over your diary and see how/if things change and notice patterns. It is great tool to help you challenge your thoughts and manage the negative feelings.



**What's Up**  
Free  
(+ in-app purchases)

An app to help recognise, understand and cope with different difficulties including anxiety, depression, anger, low self-esteem and stress. It covers information, coping strategies, a personal tracker and "Help Right Now". This app is text heavy so may not be suitable for younger children.



**UpLift**  
Free  
(+ in-app purchases)

This app provides you with a course of 12 interactive sessions where you'll answer questions, do mental exercises and receive guidance. After the sessions you will unlock tools to enable you to apply the skills you have learned.

## Help with self-harm and/or suicidal thoughts:



**Calm Halm**  
Free

*Calm Halm* is an app designed to help people resist or manage the urge to self-harm. It is easy to use and includes different 1 minute, 5 minute and 15 minute activities to help you "Ride the wave" and help the urge to pass.



**distrACT**  
Free

This app aims to increase your knowledge about self-harm and give practical advice and ideas for suicide prevention and safer alternatives to self-harm. It includes information about self-harm, self-help tips and a fantastic *Chill Zone* with some great suggested activities.



**Stay Alive**  
Free

Packed full of useful information for suicide prevention. You can keep everything in one place, from a safety plan with useful phone numbers and websites, to creating a *LifeBox* with things that are important to you, and lots of tips and activities to keep you alive.

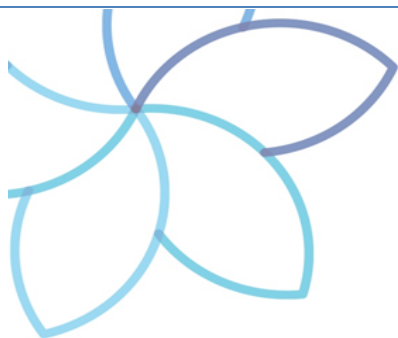


**Better Stop Suicide**  
Free

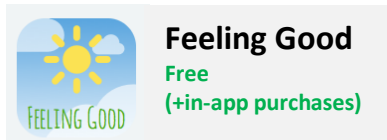
This app aims to ground you and bring you back to a calm thinking state by taking you through 8 simple steps screen by screen.

*Recommended by nhs.uk and mindcharity.co.uk although they are not the authors.*

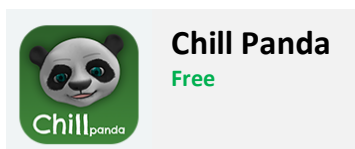




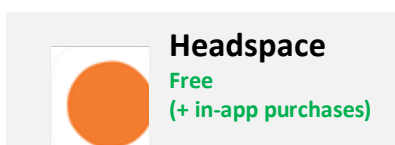
## Help with sleep, relaxation and general wellbeing:



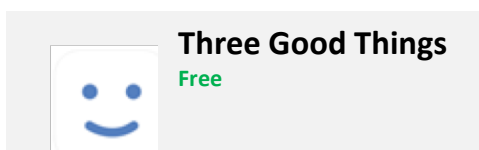
Relax your body and mind with a series of audio tracks designed to help you build confidence, motivation, resilience and bring about a positive mindset.



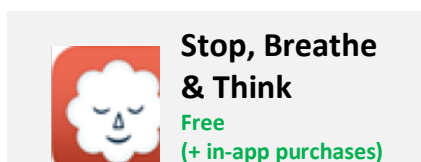
Learn to relax, manage your worries and improve your wellbeing. There are different tasks to suit your state of mind including breathing techniques and light exercise. An app better suited to younger children and also the family can enjoy the activities together.



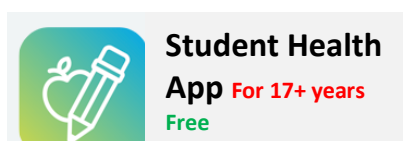
A guide for the whole family to everyday Mindfulness. The guided meditation tracks cover stress, sleep problems, productivity, exercise and more.



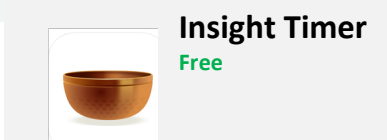
A simple yet effective app to encourage you to reflect on your day and focus on the positive things in the hope that it will bring you comfort, happiness and calm. Looking back at your entire diary entry at the end of the week will give you a great boost too.



A meditation and mindfulness app to help with stress, worry, anxiety and sleep problems; check-in with how you're feeling each day, follow guided meditations do yoga and watch videos.

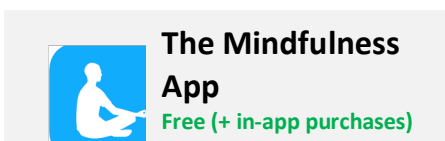


Provides reliable information about physical and mental health and common difficulties we might experience at the age of 17 years and upwards. Subjects include further education, bodily changes and problems and relationships.



This great app provides over 40,000 free guided meditations, motivational talks and calming music tracks. It can help with anything

from stress, anxiety, anger to self-esteem and sleep.



This app will help you to become more relaxed and more present in your daily life. It includes guided and silent meditations from 3-30 minutes focusing on a

range of areas including stress release, improving sleep and positive emotions.

*Recommended by nhs.uk and mindcharity.co.uk although they are not the authors.*

