

Apps for Mental Health



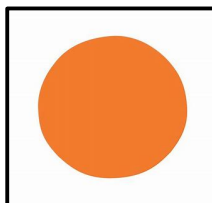
Chill Panda

Chill Panda is for children and adults who want to learn how to manage stress, relax and feel better. It uses your phone's camera to measure your heart rate and suggests playful tasks to suit your state of mind. Tasks include simple breathing techniques and lighter exercises to take your mind off your worries.



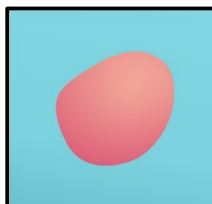
Calm Harm

Calm Harm is suitable for people who are trying to manage urges to self-harm. It is based on the principles of dialectical behaviour therapy – a type of talking of therapy that is often effective in people with mood disorders. The app suggests tasks to encourage users to distract themselves from urges to self-harm and help manage their emotional mind in a more positive way.



Headspace

Headspace helps you to let go of stress and relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. There are exercises on topics including managing anxiety, stress relief, breathing, happiness and focus.



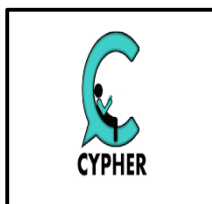
Cove

Cove lets you create music to capture your mood and express how you feel. Instead of using words, create music to reflect emotions like joy, sadness, loneliness and anger. You can store your music in a private journal with text or send it to someone when you are struggling to express yourself through words.



Happy Not Perfect

Is a toolkit for your mind. Backed by science Happy Not Perfect enables you to play the daily happiness workout to reduce stress and improve sleep, learn breathing techniques, let go of negative thoughts, practice a positive mindset, meditate, set goals and track progress.



Cypher

Is an anonymous peer-to-peer social network. It is a space to share your thoughts, feelings and secrets, give and receive support and connect to other support organisations. You can create a virtual pet who gets happier the more good you do.



Thrive: Feel Stress Free

Feel Stress Free helps you manage stress, anxiety and related conditions. Use the app to relax before a stressful situation or as part of your regular routine.



iPrevail

iPrevail connects you with people who face similar situations and know what you're going through, with communities on stress, anxiety, depression and more.



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.



My Possible Self

The My Possible Self app aims to help you take control of your thoughts, feelings and behaviour. Use the app to help manage fear, anxiety and stress, and tackle unhelpful thinking.



Pzizz

The Pzizz app aims to help you stop your mind racing, get to sleep, stay asleep and wake up refreshed.



Health Unlocked

Use HealthUnlocked to find and connect with people with mental health conditions, including low mood, panic and anxiety.



Feeling Good

Feeling Good uses the principles of cognitive behavioural therapy to help improve thoughts and feelings, self-esteem and self-confidence.