

Useful Mental Health Apps

Getselfhelp.co.uk have compiled an extensive list of resources based on Cognitive Behavioural Therapy. You will find information about mental health and usable guides such as 'dealing with negative emotions', 'help for anxiety – now!' and 'if you're feeling distressed right now' – <https://www.getselfhelp.co.uk/>

Big White Wall is a 24/7 online peer-to-peer support service for anxiety, depression and other mental health issues. It offers a range of therapeutic pathways, including peer and professional support and creative self-expression – <https://www.bigwhitewall.com/>

Mind Shift: Mind Shift is a mental health app 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. It can encourage you to take charge of your life, ride out intense emotions, and face challenging situations.



Self Help for Anxiety Management (SAM): SAM might be perfect for you if you're interested in self-help, but medication isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.

Happify: Need a happy fix? With its psychologist-approved mood-training program, the Happy app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.



Headspace: The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress to anxiety to sleep and focus. The app also has a handy "get some headspace" reminder to encourage you to keep practicing each day.

Calm: Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you.



Smiling Mind: Smiling Mind is a way to practice daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. This really is helpful during your times of stress and is a fun and unique way to help put a smile on your mind.

Some other suggestions are **Mind Ed, DARE & Breathing Space.**

There are many other apps you could try which could be helpful but these are some suggestions to try or you could find your own that you like better. There are also many organisations which can provide support which you might find helpful.