

LOOKING FOR SOME HELP?

Here's a selection of apps that can help maintain your mental health



Superbetter

Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.



Mindshift

A free app designed to help teens and young adults cope with anxiety.



MoodGym

An online cognitive behaviour therapy program for depression and anxiety.



Happify

Turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.



Smiling Mind

A meditation program developed by psychologists and educators to help bring mindfulness into your life.



What's Up?

Utilising some of the best CBT methods to help you cope with emotional wellbeing.



MoodKit

Uses CBT principles to help with low mood and emotional wellbeing.



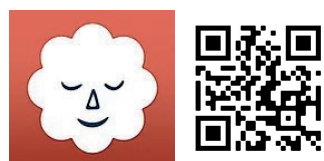
HappiMe

Free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people.



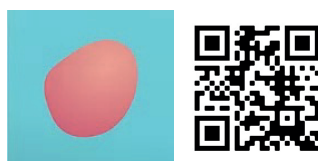
SAM

SAM is an app to help you understand and manage anxiety.



MyLife

Offers a personalised mindfulness solution tailored to how you are feeling right now.



Cove

Create music to reflect emotions like joy, sadness and anger to help express how you feel.



Feeling Good Teens

The Feeling Good Teens App uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation.



Blue Ice

BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.



eQuoo

The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness.



Worry Tree

The WorryTree app aims to help you take control of worry wherever you are.



Stay Alive

This app is packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be.



Calm Harm

An app that helps young people manage the urge to self-harm.



Virtual Hope Box

The Virtual Hope Box (VHB) is an app that contains simple tools to help with coping, relaxation, distraction, and positive thinking.

WE CARE ABOUT YOUR WELLBEING



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