



Apps For Mental Welbeing

For information about how to stay safe online please visit:

<https://www.thinkuknow.co.uk/>

Elefriends

(Free to use. For over 17's only)



Elefriends is a supportive online community from the mental health charity Mind. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.

- Post updates and catch up with the community feed.
- Read and write posts offline.
- Share photos directly from your device.
- Passcode protected.
- Choose when and how you want to receive notifications.
- Moderated by the 'Ele handlers' from 10am until midnight.

Silvercloud



(Free to use)

Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.



Reasons2

(Free to use)



Reasons2 is a free app designed by Young People and Washington Mind to help improve mental health. The app will allow people to:

- Manage their mental wellness by building their own profile of Reasons2 feel better.
- Upload pictures and images that give them the feel good factor and makes them smile.
- Find other ways to improve their mental wellness by clicking on links to other websites and information.
- Share their Reasons2 with other users and see what makes them smile too.
- Keep their favourite Reasons2 so they can see them easier and without having to scroll through old information.

Even though the app has been developed in partnership with Young People in Sunderland, there is no specific upper age range or area where you have to live to use the app so anyone aged 13+ can use the app no matter where they live.

RCPsych Mental Health App

(Free to use)



This is an application developed for the Royal College of Psychiatrists by Dr. Melvyn Zhang.

The aim of this application is to:

1. Provide general public information about key mental health disorders
2. Provide links to relevant videos and podcasts
3. Provide links to the Royal College Website to which members of the public could find further information about mental health disorders



Five Ways to Wellbeing



(Free to use)

This app offers a practical way to help you feel good and function well in the world.

Reflect on your wellbeing, set activities to help you improve your wellbeing and track your progress –

all from the comfort of your phone; whenever it suits you!

Based on substantial research, use the Five Ways to Connect, Take Notice, Be Active, Keep Learning and Give your way to improved wellbeing.

The Five Ways to Wellbeing can help you with many different aspects of your life. There's no daily dose or required level of work. Just use the app at your own pace to suit your life – you can even write and set your own personal activities. It's wellbeing your way.

Happier

(Free to use)



Happier helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach -- use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day.

- Share how you feel using our Apple Watch and we'll help you lift your mood with inspiring quotes, clear your mind with a positive meditation break, or easily capture and share something positive using just your voice.
- Use Happier as an on-the-go gratitude journal to record happy moments both big and small.
- Take our bite-sized, expert-led courses to discover new ways to find joy, calm, and satisfaction - they take just a few minutes a day, and help you become more resistant to negativity you may encounter, and more resilient overall.
- Connect with other Happier users in a positive and supportive environment.



Wrap – Wellness Recovery Plan

(Cost - £3.03)



WRAP® is universal - it is for anyone, any time, and for any of life's challenges.

WRAP® involves listing your personal resources (Wellness Tools), and then using these resources to develop Action Plans to use in specific situations which are determined by you.

The Wellness Recovery Action Plan® (WRAP) is an evidence-based system that is used world-wide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness. It was developed by a group of people who have a lived experience of mental health difficulties; people who were searching for ways to resolve issues that had been troubling them for a long time.

WRAP includes:

- Developing a Wellness Toolbox
- Daily Maintenance Plan
- Triggers and an Action Plan
- Early Warning Signs and An Action Plan
- When Things Are Breaking Down and an Action Plan
- Crisis Plan
- Post Crisis Plan

Diary Mood Tracker – Daylio



(Free to install. Contains adverts and in-app purchases)



to

Daylio enables you to keep a private diary without having to type a single line.

Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.



Catch it

(Free to use)



Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary.

The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive

Behavioural Therapy (CBT).

Mental Health Recovery Guide

(Free to use)

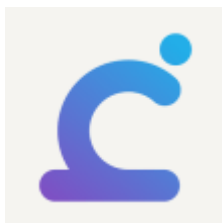


There are 17 essential things you need to know to fast track your recovery from mental illness. The Mental Health Recovery Guide (MHRG) will tell you what they are.

If you suffer from depression, schizophrenia or bipolar disorder, and if you are a mental health outpatient, or a newly discharged psychiatric in-patient at the UK's NHS or elsewhere in the world, MHRG will help you to get well and stay well.

Calm Harm

(Free to use)



Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

What does it do?

The four categories of tasks target the main reasons for why people self-harm. Distract helps to combat the urge by learning self-control; Comfort helps to care rather than harm; Express gets those feelings out in a different way and Release provides safe alternatives to self-injury.



Stay Alive

(Free to use)



This app is a pocket suicide prevention resource, 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 considering suicide.

Apps For Depression and Anxiety

WellMind

(Free to use)



Wellmind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.

What's Up?

(Free to install but includes in-app purchases)



What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!



SAM: Self-help for Anxiety Management

(Free to use)



[SAM](#) is an app to help you understand and manage anxiety. The app has been developed in collaboration with a research team from [UWE, Bristol](#).

SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

The "Social cloud" feature will enable you to share your experiences with the SAM community while protecting your identity.

Mood Tools - Depression Aid



(Free to install. Contains in-app purchases)



If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.

The app contains several different research-supported tools. They include:

- Thought Diary - Improve your mood by analyzing your thoughts and identifying negative/distorted thinking patterns based on principles from Cognitive Therapy
- Activities - Regain your energy by performing energizing activities and tracking your mood before and after, based on Behavioural Activation Therapy
- Safety Plan - Develop a suicide safety plan to keep you safe and utilize emergency resources during a suicidal crisis
- Information - Read information, self-help guidelines, and find help with internet resources
- Test - Take the PHQ-9 depression questionnaire and track your symptom severity over time
- Video - Discover helpful YouTube videos that can improve your mood and behaviour, from guided meditations to enlightening TED talks.



Fear Tools – Anxiety Kit



(Free to use)



FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. This application is especially useful for those suffering from Generalized Anxiety Disorder, Phobias, and Social Anxiety Disorder.

The app contains several simple, useful, and powerful tools. They include:

- Thought Diary - Challenge and reframe your unhelpful thoughts with this cognitive therapy technique
- Exposure - Overcome your fears with gradual exposure, an effective behavioural therapy technique
- Breathe - Relax with this simple and customizable paced breathing tool

Information - Read information, follow self-help guidelines, and find additional resources.

Anxious Minds



(Free to use)



Anxious minds are a charity that was set up by sufferers of anxiety and depression, to provide free support to all sufferers of anxiety and depression. No matter where you are, no one should suffer alone just because you cannot afford treatment or that you're on somebody's waiting list.

Join our community and let's start fighting back together and change the way mental health is supported forever, Social Network, Blogging Platform and Resource Centre; with an aim to encouraging people to gain knowledge and to share experiences relating to mental and emotional health issues - symptoms, treatments and medications. The app also includes:

- Online 24 hours support group
- Online peer support sessions / or start your own
- Online support groups / or start your own
- Advice and tips
- Videos
- Website developed by sufferers
- Blog written by sufferers



Just6

(Free to use)

Web-based Only



Just 6 seconds of mindfulness can make you more productive, focused, creative and happy. Just6 is currently only a web-based app that can be accessed on a PC, laptop or smart phone. The app helps to prepare you for meditation and mindfulness by simply providing a moving visual aid for breathing exercises. There is no need to download or sign up to anything, simply visit the page and follow the handy tutorial in order to find your 'breath point' and begin. It is also possible to bookmark the page for future ease of access.



Apps For Physical Wellbeing

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Couch to 5k

(Free to use)



Walk and run your way to 5k this Couch to 5k app designed to take total beginners from walking to running for 30 minutes in just 9 weeks. Millions of people have already started running with our simple Couch to 5k plan - so download it now, grab your trainers and get ready to become a runner.

Presented in association with BBC Get Inspired, the app builds you up gradually with a mix of running and walking. All you have to do is choose one of our four famous trainers and let them guide and motivate you through each session.

Smart Recipes

(Free to use)



The FREE Smart Recipe app from Change4Life is an easy way of helping you prepare tasty, healthier meals the whole family will love.

We all love tasty food but it's not always easy to cook for the family if you're short on time and the kids are picky.

Remembering ingredients and keeping track of portion sizes can be a hassle. But don't worry; our Meal Mixer will take care of that for you.



Relax Melodies

(Free to install. Contains adverts and in-app purchases)



[Relax Melodies](#) is a relaxation and sleep app that allows you to select sounds and melodies that you like and combine them to create a mix. Lay back, listen, and enjoy falling asleep. This app can also be used in many other situations aside from sleep; perfect during some of your favorites activities such as relaxing at the spa, exercising in your yoga or relaxation

classes, massaging sessions, or even when taking a nap! For parents, the ideal to help your baby fall asleep!

☆ FEATURES ☆

- 50 High quality ambient sounds, including 2 binaural beats frequencies for brainwave entrainment.
- Mix your favorite sounds together with different volume to create your own personal melodies and get infinite possibilities!
- High quality Retina graphics
- Include 8 off the shelf favorites for easy startup
- Create, Save, Name, Sort and Replay your favorites easily
- Multiple Alarms & Timers system. Use your own favorite as alarm to wake up slowly.



Apps To Support Those Suffering From Eating Disorders

For information about how to stay safe online please visit:

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Rise Up – Eating Disorder App

(Free to use)



Rise Up + Recover is an app for people struggling with food, dieting, exercise and body image. The app is based upon self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT).

With the Rise Up + Recover app you can:

- Log your meals, emotions and behaviours from the privacy of your mobile phone
 - Export PDF summaries of your Meal Log and Check-In to share with your treatment team
 - Set custom reminders to inspire you to keep moving forward
- Rest assured that your personal information is protected behind a pass-code
- Share motivational and inspirational quotes, images and affirmations
 - Access a wide range of resources to build a strong recovery warrior mindset
 - Find support and professional treatment nearby

Recovery Record – Eating Disorder App

(Free to use)



Recovery Record is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder.

With Recovery Record you can:

- Keep a record of meals, thoughts and feelings from the privacy of your mobile phone.
 - Collect jigsaw pieces to earn hidden rewards.
- Customise your log form, meal plan, reminder schedules and alarm tones.



- Share your Recovery Record with your treatment team, so they can help you to understand your behavioral trends and triggers.
 - Receive and send anonymous encouragement messages and virtual gifts from/to 1000s of other people using the App.
 - Access 1000s of meditation images and affirmation messages.
- Perfect for every stage of recovery from anorexia, bulimia, OED, BED, CED and other eating disorders.





Apps For Younger People

For information about how to stay safe online please visit:

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Base

(Free to use)



BASE is an app designed by Solent NHS Trust's Child and Adolescent Mental Health Brookvale youth Mental Health Service to help manage stress and anxiety.

Stress affects everyone and is a completely normal reaction that people experience when feeling overwhelmed by situations they cannot manage.

Stress and anxiety is very hard to control and sometimes we are unaware of what can cause our stress levels to go up. By learning more about how and why we experience anxiety at different times and in different situations we can be less fearful.

Stepfinder

(Free to use)



Got a problem, need local help? StepFinder pin-points your nearest local support service and shows you how to get there using your phone. It shows you tips and recommendations from other young people so you know what to expect when you use a service for the first time. StepFinder is a totally free and confidential. So take control, and navigate to the right support.

MindShift

(Free to use)



Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. [MindShift](#) is an app designed to help teens and young adults cope with anxiety. It can help you change how



you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

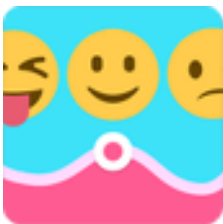
MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle:

- Test Anxiety
- Perfectionism
- Social Anxiety
- Performance Anxiety
- Worry
- Panic
- Conflict

Think of MindShift as your portable coach helping you face challenging situations and take charge of your life.

MindShift is the work of a joint collaboration between AnxietyBC (<http://www.anxietybc.com>) and BC Mental Health & Addiction Services (<http://www.bcmhas.ca>). to help teens and young adults cope with anxiety – teaches relaxation skills, develops new thinking and suggests healthy activities.

Emoodji - the app for the best and worst of university!



(Free to use)

Take a selfie or photo, choose the right emoji for your mood and send it to a friend or keep it to yourself. Emoodji tracks your mood so you can see how you're doing, and is packed with tips on dealing with different aspects of student life: homesickness, exam stress, money worries etc.

Uni life can have its ups and downs, but Emoodji is there throughout. A fun way of looking after yourself, sharing with friends and supporting each other