























NHS Mental Health Apps

 <p>Calm Harm Calm Harm is an app designed to help people resist or manage the urge to ... Mental health Free</p>	<p>Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.</p> <p>Visit website</p>
 <p>Catch It Learn how to manage feelings like anxiety and depression with Catch It. The app will ... Mental health Free</p>	<p>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.</p> <p>Visit your app store to get the app</p>
 <p>Bluelce Bluelce is an evidenced-based app to help young people manage their emotions and reduce urges ... Mental health Free</p>	<p>Bluelce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.</p> <p>It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.</p> <p>Visit Website</p>
 <p>Chill Panda  Being tested in the NHS Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app ... Mental health Free</p>	<p>Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.</p> <p>Visit your app store to get the app</p>
 <p>Cove  Being tested in the NHS Create music to capture your mood and express how you feel with the Cove app ... Mental health Free</p>	<p>Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.</p> <p>Visit your app store to get the app</p>
 <p>Cypher  Being tested in the NHS Cypher (formerly Silent Secret) is an anonymous peer-to-peer social network. It is a space to ... Mental health Free</p>	<p>Cypher (formerly Silent Secret) is an anonymous peer-to-peer social network. It is a space to share your feelings and secrets, give and receive support, and connect to other support organisations.</p> <p>Visit website</p>
 <p>FearFighter FearFighter is an online course for people who struggle with phobias, panic or anxiety. The ... Mental health Free in some areas</p>	<p>FearFighter is an online course for people who struggle with phobias, panic or anxiety. The nine-week course teaches you to confront and change the thoughts that cause panic and anxiety. You will learn to control your fears by gradually being exposed to the situations that</p>

	trigger them. Visit website
 Feeling Good: positive mindset Relax your body and mind with a series of audio tracks designed to help you ... Mental health Free, with in-app purchases	Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset. Visit your app store to get the app
 leso leso is an online course using instant messaging for people with mental health problems. The ... Mental health Free in some areas	leso is an online course using instant messaging for people with mental health problems. The confidential service puts you in touch with a therapist trained in cognitive behavioural therapy. The therapy is by text so you can review your sessions at any time. Visit website
 iPrevail iPrevail provides mental health support whenever you need it. Connect with a community of people ... Mental health Free, with in-app purchases.	iPrevail provides mental health support whenever you need it. Connect with a community of people who have experienced issues such as stress, anxiety and depression, and learn how to manage your feelings. Visit website
 MeeTwo The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any ... Mental health Online community Free	The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships. Visit website
 My Possible Self Take control of your thoughts, feelings and behaviour with the My Possible Self mental health ... Mental health Free with in-app purchases	Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health. Visit website
 MyCognition Home MyCognition Home is a brain training app for the entire family to help them think ... Mental health Free, with in-app purchases	MyCognition Home is a brain training app for the entire family to help them think faster, focus better, and improve decision-making and memory. Visit website
 SilverCloud SilverCloud is an online course to help you manage stress, anxiety and depression. You work ... Mental health Free	SilverCloud is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.

 <p>Stress & Anxiety Companion Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing ... Mental health £2.99. Offers in-app purchases</p>	<p>Visit website</p> <p>Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.</p> <p>Visit your app store to get the app</p>
 <p>Thrive: Feel Stress Free Thrive: Feel Stress Free helps you prevent and manage stress, anxiety and related conditions. The ... Mental health Free</p>	<p>Thrive: Feel Stress Free helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.</p> <p>Visit your app store to get the app</p>
 <p>Be Mindful Be Mindful is an online course for reducing stress, depression and anxiety. It guides you ... Mental health £30.00</p>	<p>Be Mindful is an online course for reducing stress, depression and anxiety. It guides you through the elements of mindfulness-based cognitive therapy (MBCT).</p> <p>Visit website</p>
 <p>Beat Panic Beat Panic is designed to guide people through a panic attack or raised anxiety using ... Mental health £0.99</p>	<p>Beat Panic is designed to guide people through a panic attack or raised anxiety using their phone.</p> <p>Visit your app store to get the app</p>
 <p>Big White Wall Big White Wall is an online community for people who are stressed, anxious or feeling ... Mental health Online community £9.99/month. Free in some areas</p>	<p>Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.</p> <p>Visit website</p>