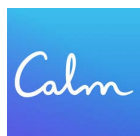


Apps to support your Mental Health



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.



Calm

Calm is a leading app for meditation and sleep. Uses guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music.



Elefriends

A supportive online community from the mental health charity Mind.



Happier

Happier helps you stay more present and positive throughout the day.



Headspace

Headspace is your guide to everyday mindfulness in just a few minutes a day. Has hundreds of guided meditations managing stress and anxiety, sleep, productivity, exercise and physical health.



MindShift

Designed to help teens and young adults cope with anxiety. Helps you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.



MoodTools

Designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.



My Possible Self

Helps you take control of your thoughts, feelings and behaviour. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking.



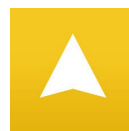
SAM – Self-help for Anxiety Management

SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety.



Silvercloud

Provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues.



Stress and Anxiety Companion

helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind.



Worry Tree

Helps you record, manage and problem solve your worries and anxiety based on Cognitive Behavioural Therapy (CBT) techniques.

Apps to support you with Eating Disorders



Rise Up

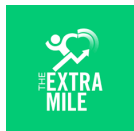
Rise Up + Recover is an app for people struggling with food, dieting, exercise and body image.



Recovery Record

A smart companion for managing your journey to recovery from eating disorders.

Apps to support you with Health and Wellbeing



Charity Miles

Exercise tracker app that tracks how many miles you've covered during your fitness routine. Charity Miles also earns money for charity on your behalf for every mile you move.



Couch to 5K

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.



Drink Aware

Track your alcohol consumption and spend over time, calculate units and calories and set goals to help you moderate your drinking,



Fooducate

Nutritional tracker app designed to allow you count calories, track diet trends, and steer you to better weight management.



Fabulous

Helps you track habits and create routines. The app is based around the concept of 'journeys'. Each journey allows you to set a routine up in small steps.



Mee Two

Provides a safe and secure forum for teenagers wanting to discuss issues affecting their lives. You can anonymously get advice from experts or other teenagers.



Sleep Cycle

Track your sleep and get analysis that helps you get a good night's sleep and better overall health. Sleep is the cornerstone of a healthy lifestyle.



Smart Recipes

An easy way of helping you prepare tasty, healthier meals.



Smoke Free

Stop smoking app to help you become - and stay - smoke free. See how much money you've saved, how many cigarettes you've not smoked, how long you've been smoke free.



Streaks

to-do list that helps you form good habits. Every day you complete a task, your streak is extended.



Student Health App

Offers plain-talking reassurance, information and advice on more than 125 topics relevant to students.



Waterlogged

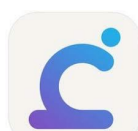
Waterlogged provides personalized charts and reminders to help you stay healthy and hydrated.

Apps to support you with Self Harm or Suicide prevention



Blue Ice

Helps young people manage their emotions and reduce urges to self-harm.



Calm Harm

Calm Harm provides tasks to help you resist or manage the urge to self-harm.



distrACT

The distrACT app aims to help you better understand urges to self-harm and encourages you to monitor and manage your symptoms.



Stay Alive

Pocket suicide prevention resource, packed full of useful information to help you stay safe.