

Useful Mental Health Apps



Headspace

A meditation app that acts as a personal guide to health and happiness



MoodGym

An online cognitive behaviour therapy program for depression and anxiety



Mindshift

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

This is a collection of apps that are designed to support young people, adults and families with their mental health and well-being. If you click on the image it will open the app site in a new window. Some of these do need a paid subscription to use them while others have been made freely available during the Covid situation.



Calm Harm

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



Calm

Meditation techniques to aid with stress and sleep

What's Up

Utilising some of the best CBT methods to help you cope with Depression, Anxiety, Anger, Stress and more



No OCD

Helps with those suffering from obsessive compulsive disorder.



SafeSpot

Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.



My 3

Help yourself and reach out to others if you are having thoughts of suicide.

MoodKit

Uses CBT principles to help with low mood and anxiety.



HappiMe

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



Chill Panda

Chill Panda helps children better understand their stress and shows them ways to feel better using breathing techniques, yoga, exercise and calming games.



SAM

SAM is an app to help you [understand and manage anxiety](#).

Stop Breathe Think

Check in with how you're feeling, and try short activities tuned to your emotions.



Virtual Hope Box

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



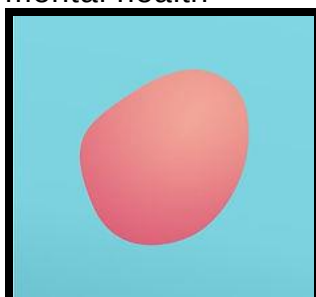
Clear Fear

Clear Fear provides you with a range of ways to manage anxiety.



Combined Minds

An app developed fto help families and friends support young people with their mental health



Cove

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



Me2

MeeTwo is a free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources



Check In

The Check-in app helps take the fear out of having a conversation with a friend who might be struggling.



1 Giant Mind

This app is for anyone who wants to feel less stressed, more calm and present and experience greater health and well-being.



Think Ninja

This app from Healios, helps young people aged 11 to 17 years old with their mental health, emotional well-being and resilience and is being made available for free during the Coronavirus crisis.



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 – access is free using the username: coboost and password: coboost during this period.



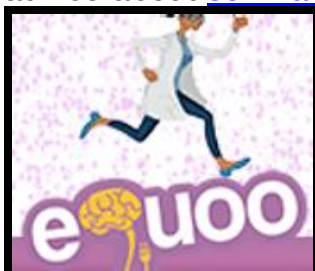
Blue Ice

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



Distract

The distrACT app gives you easy, quick and discreet access to information and advice about [self-harm](#) and [suicidal thoughts](#).



eQuoo

The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills.



Worry Tree

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



not OK

notOK App® is a free digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out.



Stay Alive

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.

Free mental health apps for young people

There are a range of different free mental health apps available for children and young people to use, here are just some of them.

Blue Ice – This evidence-based app helps young people manage their emotions and reduce the urge to self-harm.

Calm Harm – Reduces urges to self-harm and manage emotions in a more positive way.

Catch It – Learn to manage negative thoughts and look at problems differently.

Chill Panda – Use breathing techniques to help you relax more, worry less and feel better.

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

distrACT – Quick and discreet access to information and advice about self-harm and suicidal thoughts.

Feeling Good: positive mindset – Use audio tracks to help relax your body and mind and build your confidence.

MeeTwo – A safe and secure forum for teenagers wanting to discuss any issue affecting their life.

My Possible Self: The Mental Health App – Learn how to manage fear, anxiety and stress and tackle unhelpful thinking.

SilverCloud – An eight-week course to help you manage stress, anxiety and depression at your own pace.

Sleepio – An online sleep improvement programme, clinically proven to help you fall asleep faster.

WorryTree – Notice, record and manage your worries using cognitive behavioural therapy techniques.

Headspace – Get happy. Stress less. Sleep soundly. Headspace is your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills.