

APPS TO HELP YOUR MENTAL HEALTH



Mood tools

A variety of methods to help improve positive thoughts and overcome depression.



Well Mind

Gives advice on stress, anxiety and depression.



What's Up? Uses

proven therapy to help with anxiety, depression, anger, and stress.



My Possible Self

helps you take control of feelings, thoughts, habits, to overcome fear, anxiety and stress.



Feeling Good

Listen to tracks which help build confidence, energy and a positive mindset.



Catch it helps you

to see how you react to situations, and change your behaviour.



Calm Harm uses

various methods to help you overcome the urge to self harm.



Blue Ice helps young people manage emotions and

reduce self harm.



Chill Panda helps children use breathing to relax and feel less

stressed.



Drinkaware helps you reduce how much alcohol you

are drinking.



Couch to 5K is a programme to help you get fitter.



First Aid by British Red Cross has videos and advice to help with most

emergencies



eQoo is an adventure game to help increase emotional fitness

and learn new psychological skills.



Let's meditate – sleep and guided relaxation:

different guided meditations for a range of situations.

Useful websites:

<https://youngminds.org.uk/>

<http://www.sane.org.uk/>

<https://www.mind.org.uk/>

<https://papyrus-uk.org/>

<https://www.samaritans.org/>