



Stress & Anxiety Companion

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts



ThinkNinja

ThinkNinja is an app that helps 10 to 18 year olds learn about and manage their mental health



Thrive

Use games to track your mood and teach yourself methods to take control of stress and anxiety



Togetherall

Get round-the-clock support from therapists to help you cope with stress and anxiety



WorryTree

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

Apps for your Mental Wellbeing

NHS recommended apps to help you cope



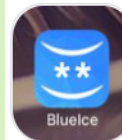
Be Mindful

An online course to help reduce stress and anxiety using mindfulness-based cognitive therapy



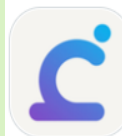
Beat Panic

Overcome panic attacks and anxiety wherever you happen to be



BlueIce

This app helps young people manage their emotions and reduce urges to self-harm



Calm Harm

Reduce urges to self-harm and manage emotions in a more positive way

For more details visit

<https://www.nhs.uk/apps-library/category/mental-health/>



Catch It

Learn to manage negative thoughts and look at problems differently



Chill Panda

 Being tested in the NHS

Use breathing techniques to help you relax more, worry less and feel better



Cove

 Being tested in the NHS

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



eQuoo: Emotional Fitness Game

Use adventure games designed by psychologists to help you increase your emotional fitness



Feeling Good: positive mindset

Use audio tracks to help relax your body and mind and build your confidence



ieso

Connect confidentially and securely with mental health therapists using instant messaging



MeeTwo

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives



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



Sleepstation

Connect with a team of sleep experts to help you fall asleep or stay asleep through the night