

Apps to help support your mental health

These apps can help you support your mental health and wellbeing. All the apps listed can be found on the NHS Apps Library, an online directory of trusted health and wellbeing apps that have been assessed to be clinically safe and secure to use. The apps listed have also been reviewed by health app evaluation and advisor organisation ORCHA.

Help with anxiety



My Possible Self: The Mental Health App

[Link](#) 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. (Free, with in-app purchases)



Stress & Anxiety Companion

[Link](#) 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. (Free, with in-app purchases)



Catch It

[Link](#) 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. (Free)

Help with self-harm and/or suicidal thoughts



Calm Harm

[Link](#) Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected. (Free)



distract

[Link](#) The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. The content has been created by doctors and experts in self-harming and suicide prevention. (Free)

Help with sleep, relaxation and general wellbeing



Feeling Good: positive mindset

[Link](#) Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset. (Free, with in-app purchases)



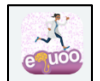
Chill Panda

[Link](#) 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. (Free)



Student Health App

[Link](#) The Student Health App provides easy access to more than 900 pages of reliable health information all in one place, specially created for university students. Use the app to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student. (Free)



eQoo: Emotional Fitness Game

[Link](#) The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing. (Free, with in-app purchases)



ThinkNinja Free during coronavirus

[Link](#) ThinkNinja is a mental health app designed for 10 to 18 yr olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing and develop skills they can use to build resilience and stay well.

