

Mental Health Apps & Courses

Below are some Apps that may help you manage different aspects of your Mental Health. It is your choice whether you choose to use any of the below applications. Please know the Apps listed are not a specific recommendation from your Therapist.

Anxiety

SAM - self help anxiety

Clear fear – a anxiety management app

Beat Panic – overcome panic attacks and anxiety wherever you happen to be

Stress

Thrive : Feel Stress Free – use games to track your mood and teach methods to help you control stress and anxiety

Self Harm

Calm harm – helps to manage emotions and reduce the urges to self-harm

BlueIce – App helps young people manage their emotions and reduce urges to self harm

Distract – quick and discreet access to information and advice about self harm

Depression

What's up – an app designed to provide helpful tools for managing depression

Leso – connect confidentially and securely with mental health therapists using instant messaging

Suicide

Stay Alive – suicide prevention app

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Sleep

Headspace - meditation and sleep

Sleepio – an online sleep improvement programme

Other Apps

Think up – positive affirmations and daily motivations

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

Chill Panda – use breathing techniques to help you relax more and worry less

Cove – create music to capture your mood and express how you feel

Cypher – an anonymous social network where you can share your feelings and receive support

SilverCloud – an 8 week course to help you manage stress anxiety and depression at your own pace

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