

# Useful Apps that may help you cope better with your mental health...





**Breathe2Relax ( FREE)** is an app developed for stress management. It walks users through breathing exercises that help to reduce stress , stabilize mood, control anger, and manage anxiety. The app’s developers note that it can be used on its own to help reduce stress or in combination with other therapies.



**PTSD Coach( IN APP STORE)** is an app developed by the Department of Veterans Affairs’ National Center for PTSD, intended for use by veterans, military personnel, and civilians experiencing symptoms of post-traumatic stress disorder. It provides a self-assessment tool that allows users to track symptoms over time (though it does not clinically diagnose PTSD) as well as tools for managing symptoms. Users can also store contacts for personal support, locate nearby treatment programs, and contact the National Suicide Prevention Hotline quickly in emergencies.



**Optimism ( FREE)** is a family of applications that focus on self-tracking as a tool for coping with mental illnesses including depression, bipolar disorder, anxiety, and PTSD. The app helps users detect patterns in their mood, creating a way to identify triggers and other things that affect their mental health. Users can create a customizable wellness plan to chart their coping mechanisms, and this can be updated as they come to have a deeper understanding of what they need to tackle their mental illness.



**Big White Wall** is a community application where people suffering from various mental illnesses can come together and talk about their problems with support from trained therapists. The app features discussion boards, reference articles, and self-assessment tests. Users can also register for online therapy programs. Big White Wall also lets users create a “brick,” which is a collage of pictures and images meant to encourage users to express themselves. The program focuses on anonymity as a way for members to feel fewer stigmas about sharing their problems. Big White Wall is available free for certain people in the United Kingdom. For those who don’t qualify, **Big White Wall costs £25 per month.**



**SAM ( FREE)** is an app designed to help people manage their anxiety. Users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety. Users can create a personalized anxiety toolkit, adding in the features of the app that they find most useful for easy access. The app also has a social cloud feature that allows users to anonymously share their experiences with other SAM users.

## What's Up?

*"What's Up? is a fantastic free app to help you cope with depression, anxiety, anger, stress and more!"*

What's Up? helps you get a handle on your negative emotions and put them in perspective using simple CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) techniques. You'll find inspirational quotes, breathing exercises and coping strategies for common feelings. The app encourages you to chart your feelings in a diary so you can keep track of how you're feeling.

**Helps with:** [Depression](#), [Anxiety](#), [Anger](#), [Stress](#)



**Relax Melodies (In-app purchases will give you a wider choice of sounds to play with.)**

*"Sleep problems? Insomnia? Personalized white noise, sleep sounds and meditation can help you fall asleep!"*

Relax Melodies lets you become your own personal sleep DJ. You can choose from over 50 sounds, melodies and white noises to create a restful ambience for your room.

These sounds are combined with short meditation programmes that will help you achieve your sleep goals.

**Helps with:** [Insomnia](#)

## Headspace (free to use for first few sessions)



*"Headspace is the simple way to reframe stress. Sleep trouble? Meditation creates the ideal conditions for a good night's rest. Relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Get more from your day through mindfulness, be less distracted and reactive, and focus on the things that matter most to you. Our Basics course is completely free and will teach you the fundamental techniques of meditation and mindfulness. After that, by subscription, gain access to the full Headspace meditation library."*

### Catch It (FREE)



"Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary."

Created by experts from two leading universities, Catch It is essentially a diary of your negative thoughts and feelings. Each time you record a thought, the app will ask you to consider the problem from a different point of view and encourage you to change your approach the next time you're in a similar situation.

**Helps with:** [Stress](#), [Depression](#)

**Calm Harm ( IN APP STORE)** is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.



Calm Harm is based on the principles of dialectical behaviour therapy (DBT). DBT is a type of talking therapy that's often effective in people with mood disorders. The app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way. Please note that the app is an aid to treatment, but doesn't replace it.

**Self-heal is a free tool** that guides the management of self-injury. It can be used



anonymously and independently, to enable users to take recovery into their own hands. The App provides crisis management suggestions, relevant links, information, phone numbers, as well as a gallery of images selected to inspire, motivate and provoke thought. Users have the ability to favourite distraction task suggestions and images to find them more quickly

in moments of need.



### Chill Panda ( FREE)

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.

Chill Panda asks you to rate your mood to work out your current emotional state. You are then encouraged to take part in a variety of playful tasks and activities, including breathing and light exercise. Chill Panda is not a medical device and heart rate measurements are shown for guidance only.

### Elefriends ( FREE)

**(Free to use. For over 17's only)**



Elefriends is a supportive online community from the mental health charity Mind. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.

- Post updates and catch up with the community feed.
- Read and write posts offline.
- Share photos directly from your device.
- Passcode protected.
- Choose when and how you want to receive notifications.
- Moderated by the 'Ele handlers' from 10am until midnight.



### **Silvercloud (Free to use)**

Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship

management, anger management, stress management, relaxation and sleep management, among many others.

### **RCPsych Mental Health App (Free to use)**



This is an application developed for the Royal College of Psychiatrists by Dr. Melvyn Zhang.

The aim of this application is to: 1. Provide general public information about key mental health disorders 2. Provide links to relevant videos and podcasts 3. Provide links to the Royal College Website to which members of the public could find further information about mental health disorders

### **Daylio – Daily Mood Tracker – (Free to install. Contains adverts and in-app purchases)**



Daylio enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format

will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.

### **#Reasons2 (Free to use)**



Reasons2 is a free app designed by Young People and Washington Mind to help improve mental health. The app will allow people to:

- Manage their mental wellness by building their own profile of Reasons2 feel better.
- Upload pictures and images that give them the feel good factor and makes them smile.
- Find other ways to improve their mental wellness by clicking on links to other websites and information.
- Share their Reasons2 with other users and see what makes them smile too.
- Keep their favourite Reasons2 so they can see them easier and without having to scroll through old information.

Even though the app has been developed in partnership with Young People in Sunderland, there is no specific upper age range or area where you have to live to use the app so anyone aged 13+ can use the app no matter where they live.

### **Five Ways to Wellbeing (Free to use)**



This app offers a practical way to help you feel good and function well in the world.

Reflect on your wellbeing, set activities to help you improve your wellbeing and track your progress – all from the comfort of your phone; whenever it suits you!

Based on substantial research, use the Five Ways to Connect, Take Notice, Be Active, Keep Learning and Give your way to improved wellbeing.

The Five Ways to Wellbeing can help you with many different aspects of your life. There's no daily dose or required level of work. Just use the app at your own pace to suit your life – you can even write and set your own personal activities. It's wellbeing your way.

## Wrap – Wellness Recovery Plan

(Cost - £3.03)



WRAP® is universal - it is for anyone, any time, and for any of life's challenges.

WRAP® involves listing your personal resources (Wellness Tools), and then using these resources to develop Action Plans to use in specific situations which are determined by you.

The Wellness Recovery Action Plan® (WRAP) is an evidence-based system that is used world-wide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness. It was developed by a group of people who have a lived experience of mental health difficulties; people who were searching for ways to resolve issues that had been troubling them for a long time.

WRAP includes:

- Developing a Wellness Toolbox
- Daily Maintenance Plan
- Triggers and an Action Plan
- Early Warning Signs and An Action Plan
- When Things Are Breaking Down and an Action Plan
- Crisis Plan
- Post Crisis Plan

## Stay Alive

(Free to use)



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.

## Happier

(Free to use)



Happier helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach -- use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day.

- Share how you feel using our Apple Watch and we'll help you lift your mood with inspiring quotes, clear your mind with a positive meditation break, or easily capture and share something positive using just your voice.
- Use Happier as an on-the-go gratitude journal to record happy moments both big and small.
- Take our bite-sized, expert-led courses to discover new ways to find joy, calm, and satisfaction - they take just a few minutes a day, and help you become more resistant to negativity you may encounter, and more resilient overall.
- Connect with other Happier users in a positive and supportive environment.

## Mental Health Recovery Guide

(Free to use)



There are 17 essential things you need to know to fast track your recovery from mental illness. The Mental Health Recovery Guide (MHRG) will tell you what they are. If you suffer from depression, schizophrenia or bipolar disorder, and if you are a mental health outpatient, or a newly discharged psychiatric in-patient at the UK's NHS or elsewhere in the world, MHRG will help you to get well and stay well.

### 365 Gratitude - (Free to use)



Gratitude 365 is a beautiful and easy way to write in your gratitude journal. Taking a few minutes a day to write down what do have will change your life. Use gratitude to restart your life by appreciating what you have in life. The more you realize and appreciate all that you already have and all that you already are, the more that you will get.

When you wake up in the morning, this is what you should ask yourself. It features:

- Create a daily entry and list anything you are thankful for that day
- Choose a photo for that day
- View your photos in on one screen in a beautiful calendar
- See how many days you've written in your gratitude journal
- Shows how many total gratitude's you've written
- Email, Facebook, Twitter, Flickr calendar
- Backup and restore your entries
- Set a password to protect your journal

### Fear Tools – Anxiety Kit (Free to use)



FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. This application is especially useful for those suffering from Generalized Anxiety Disorder, Phobias, and Social Anxiety Disorder. The app contains several simple, useful, and powerful tools. They include:

- Thought Diary - Challenge and reframe your unhelpful thoughts with this cognitive therapy technique
- Exposure - Overcome your fears with gradual exposure, an effective behavioural therapy technique
- Breathe - Relax with this simple and customizable paced breathing tool
- Information - Read information, follow self-help guidelines, and find additional resources.

### Mood Tools - Depression Aid (Free to install. Contains in-app purchases)



If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.

The app contains several different research-supported tools. They include:

- Thought Diary - Improve your mood by analyzing your thoughts and identifying negative/distorted thinking patterns based on principles from Cognitive Therapy
- Activities - Regain your energy by performing energizing activities and tracking your mood before and after, based on Behavioural Activation Therapy
- Safety Plan - Develop a suicide safety plan to keep you safe and utilize emergency resources during a suicidal crisis
- Information - Read information, self-help guidelines, and find help with internet resources
- Test - Take the PHQ-9 depression questionnaire and track your symptom severity over time
- Video - Discover helpful YouTube videos that can improve your mood and behaviour, from guided meditations to enlightening TED talks.



### MeeTwo (Free to use)

MeeTwo is an award winning free fully moderated app for teenagers, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines. MeeTwo is a neutral space which allows young people to experiment with what it feels like to open up without drawing attention to themselves while positive feedback and social support builds confidence, increases wellbeing and promotes emotional resilience.

### **Anxious Minds (Free to use)**



Anxious minds are a charity that was set up by sufferers of anxiety and depression, to provide free support to all sufferers of anxiety and depression. No matter where you are, no one should suffer alone just because you cannot afford treatment or that you're on somebody's waiting list.

Join our community and let's start fighting back together

and change the way mental health is supported forever, Social Network, Blogging Platform and Resource Centre; with an aim to encouraging people to gain knowledge and to share experiences relating to mental and emotional health issues - symptoms, treatments and medications. The app also includes:

- Online 24 hours support group
- Online peer support sessions / or start your own
- Online support groups / or start your own
- Advice and tips
- Videos
- Website developed by sufferers
- Blog written by sufferers

### **Recovery Record – Eating Disorder App (Free to use)**



Recovery Record is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder.

With Recovery Record you can:

- Keep a record of meals, thoughts and feelings from the privacy of your mobile phone.
- Collect jigsaw pieces to earn hidden rewards. Customise your log form, meal plan, reminder schedules and alarm tones.
- Share your Recovery Record with your treatment team, so they can help you to understand your behavioural trends and triggers.
- Receive and send anonymous encouragement messages and virtual gifts from/to 1000s of other people using the App.
- Access 1000s of meditation images and affirmation messages. Perfect for every stage of recovery from anorexia, bulimia, OED, BED, CED and other eating disorders.





### **MY3 (Free to use)**

MY3 is aimed at people who are depressed and suicidal, and trains users to recognize suicide warning signs in others. MY3 asks you to choose three close contacts that you feel comfortable reaching out to when you're down and keeps you connected to this core network. This best part of this app is that it helps you create your own safety plan asking you to think through and list your own warning signs, coping strategies and support network, so that you can easily act when you recognize your warning signs.



### **Happify (Free to Use)**

Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being. Our techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness and cognitive behavioural therapy for decades.



### **MindShift (Free to Use)**

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

### **TalkLife (Free to use)**



Life can be incredibly tough for anybody. It can suck, it can feel lonely, and let's admit it: that's tough to say out loud. We all know that, and maybe, sometimes, we've just been made to feel a little afraid to say it. TalkLife is here for everyone and anyone who just needs someone to talk to. Who just needs someone to listen. Because, hey, we all do.



### **Relax Melodies (Free to use)**

Thanks to Relax Melodies, the #1 app for sleep, calm & relaxation, you can regain control over insomnia, night time anxiety and tinnitus. Create your own mix with nature sounds, white noise and melodies, and sleep like never before! Create custom soundscapes with over 50 free relaxing sounds or go premium to access over 100

sounds!



### **Calm - Meditate, Sleep, Relax (Free to use)**

Calm is the leading app for meditation and sleep. Join the millions experiencing lower stress, less anxiety, and more restful sleep with our guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music. Recommended by top psychologists, therapists, and mental

health experts.



### **CBT Mental Health Application (Free to use)**

A large portion of the population is struggling with anxiety or other mental or physical disability which can be treated effectively using cognitive behavioural therapy (CBT). Unfortunately, only a small portion of those individuals seek treatment. This may be due, in large part, to cost of treatment and embarrassment. Thus, we have created a free-to-use mobile application for individual treatment using CBT.



### **bSafe - Personal Safety App (Subscription)**

You can simply activate the SOS button by voice even if your mobile phone is placed inside your pocket, purse or jacket. You don't need to press the SOS button. Your guardians (friends and family) will receive an audio alarm and get your location. They can see and hear everything that is happening in real-time through live streaming. Both audio and video is automatically recorded and instantly sent to Your and

Your guardians cell phones; Therefore no information is lost, even if the perpetrator destroys your cell phone.



### **Rootd (Free to use)**

Overcome panic attacks and anxiety the moment they strike with Rootd's proven lessons, panic button, breathing tool, and exercises.

Finally, an app for conquering panic attacks and anxiety that blends a guided process for both immediate and long term relief, with clean and engaging design. Get Rootd to always have panic attack and anxiety relief right in your pocket.

We set out to build Rootd after suffering from debilitating panic attacks and anxiety for several years. The only help resources we could find were too expensive, ineffective, or poorly designed. Our mission has become to help others overcome their panic, fear, and anxiety, and to end the stigma against those affected.

Rootd's core features and content are completely free, and always will be.



### **I am (Free to use)**

How many negative thoughts have been endlessly repeating in your mind? The daily affirmation help rewire our brains, build self esteem and change negative thought patterns. Empower yourself by verbally affirming your dreams and ambitions.

Choose from many daily intentions and set reminders to be delivered throughout the day.

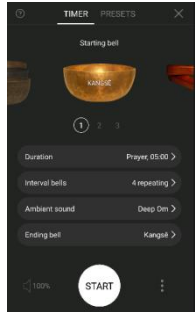


### **21 Days (Free to use)**

It is estimated that it takes people 21 days to form a new habit. So it's a perfect amount of time to change or introduce something new in your life. Choose the best challenge for you and do it for 21 days and you're going to see how the habit becomes part of your lifestyle day by day.

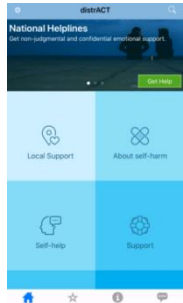
Starting a healthy lifestyle, taking a break away from the internet, practicing gratitude, trying to be more productive, simple practices to find happiness and calm in your life, how to study effectively for all the students, ways to spread kindness and positivity, tips for fixing your sleeping schedule and daily positive affirmations are some of the challenges that you can find in the app.

### Insight Timer - (Free to use)



Meditation app. Full of thousands of different meditations. You are able to bookmark your favourites and search a variety of topics. Or you can just set a timer for your own meditation. It is also a sort of social app because people can add you as a friend from all over the world/'thank you' for meditating with them. That's a secondary feature and can just be ignored.

### DistrACT (Free to use)



This app gives people who self-harm and/or feel suicidal discreet access to information and advice, so they can manage difficult feelings, cope with a crisis and find help and support.

We've created the distrACT app for the following reasons:

- **SUICIDE PREVENTION:** Reduce the risk of people taking their own life when they self-harm and/or feel suicidal
- **CRISIS SUPPORT:** Support people in a crisis - with advice on what to do in an emergency, lists of useful emergency numbers and support sites, and tips on safety planning
- **SIGNPOSTING:** Guide people to further sources of support that they can trust
- **SELF-CARE:** Find out how to manage thoughts and feelings and discover safer alternatives to self-harm
- **RESILIENCE:** Develop skills to recover more quickly and increase your well-being
- **ACCESSING HEALTH SERVICES:** Help people decide when to access health services and where to go for support



### Rise Up – Eating Disorder App (Free to use)

Rise Up + Recover is an app for people struggling with food, dieting, exercise and body image. The app is based upon self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT).

With the Rise Up + Recover app you can:

- Log your meals, emotions and behaviours from the privacy of your mobile phone
- Export PDF summaries of your Meal Log and Check-In to share with your treatment team
- Set custom reminders to inspire you to keep moving forward  
Rest assured that your personal information is protected behind a pass-code
- Share motivational and inspirational quotes, images and affirmations
- Access a wide range of resources to build a strong recovery warrior mindset
- Find support and professional treatment nearby

### WellMind

(Free to use)



Wellmind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.

### Just6 (Free to use)



Just 6 seconds of mindfulness can make you more productive, focused, creative and happy. Just6 is currently only a web-based app that can be accessed on a PC, laptop or smart phone. The app helps to prepare you for meditation and mindfulness by simply providing a moving visual aid for breathing exercises. There is no need to download or sign up to anything, simply visit the page and follow the handy

**YOU CAN ALSO VISIT <https://au.reachout.com/tools-and-apps> FOR MORE APPS**