



Education 4 Health

Useful Apps v 2020

Sections:

Mood Disorders (Anxiety, Depression)










Chatbots








Self-harm and Suicidal Ideation








Peer Support Forums








Improving Wellbeing

NAME	LOGO	FOCUS	FREE?	AGE (as given on Apple website)
Reachout Worrytime		<p>ReachOut WorryTime interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7.</p> <p>Key features: Decide on a time, place and length of time to deal with your worries each day. When you notice yourself worrying about something, add it to WorryTime and get on with your day. Use your WorryTime to review the worries you've added and ditch the ones that no longer matter to you.</p>	Free	4+
Pacifica		<p>Stress, anxiety, and depression are caused by an ongoing cycle of negative thoughts. Thoughts cause physical feelings and emotions which cause actions. Pacifica helps break this cycle using tools that target each of its components. Day-by-day, you'll learn to manage stress, anxiety and depression at your own pace.</p>	Free In app purchases	12+
Moodspace		<p>MoodSpace aims to create a self-help space where you will have the opportunity to experiment with different treatment methods, in the form of interactive mood workouts, to see what works for you. These mood workouts are designed as short, habit building, self-help exercises that can be completed on your phone, at any time you choose and every workout is based on the latest research into depression treatments.</p>	Free In app purchases	13+. (Need parental permission if under 18)

MindShift		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 i	Free	4+
SAMApp		SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.	Free	12+
Chill Panda		Learn to relax, manage your worries and improve your wellbeing. The app measures your heart rate and suggests tasks to suit your state of mind.	Free	4+
Catch it		Learn how to manage feelings like anxiety and depression. This 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	12+
Fear Tools		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.	Free	12+
Mood Tools		If you are feeling sad, anxious, or depressed, this app is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.	Free	12+
What's Up		What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance and Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more	Free	4+
Beat Panic		Beat Panic is designed to guide people through a panic attack or raised anxiety, using their phone	99p	12+
My Possible Self: The Mental Health App		Take control of your thoughts, feelings and behaviour. 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. In app purchases	4+

<p>Woebot</p>		<p>Interactive, A.I. “chatbot”.</p> <p>Think through situations with step-by-step guidance from Woebot using methods from Cognitive Behavioural Therapy (CBT)</p> <p>Learn about yourself with intelligent mood tracking</p> <p>Get over 100+ evidence-based lessons, exercises, and stories</p>	<p>Free</p>	<p>In theory, 17+</p>
<p>Wysa</p>		<p>Wysa Anxiety & Depression Bot AI CBT, DBT & mindfulness chat</p> <p>Used to support you with stress, anxiety, sleep, loss and a whole range of other mental health and wellness needs.</p> <p>Your identity will remain anonymous and your conversations are privacy protected.</p>	<p>Free In app purchases</p>	<p>12+</p>
<p>Youper</p>		<p>AI Assistant based on therapy and meditation. Through quick and insightful conversations, Youper helps you master life's ups and downs, and beat depression and anxiety.</p>	<p>Free In app purchases</p>	<p>12+</p>
<p>Stay Alive</p>		<p>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.</p> <p>In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.</p>	<p>Free</p>	<p>17+</p>
<p>Calm Harm</p>		<p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p> <p>The four categories of tasks target the main reasons for why people self-harm. Distract helps to combat the urge by learning self-control; Comfort helps to care rather than harm; Express gets those feelings out in a different way and Release provides safe alternatives to self-injury.</p>	<p>Free</p>	<p>12+</p>
<p>distACT</p>		<p>Gives easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.</p>	<p>Free</p>	<p>17+</p>
<p>Elefriends</p>		<p>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.</p>	<p>Free</p>	<p>17+</p>

iPrevail		The <i>iPrevail</i> service connects users with “Trained Peer Specialists” for online counselling. The peers may or may not be professional mental healthcare providers, but they do have experience in the field of counselling over the web.	Free In app purchases	12+
Cypher		Cypher is a social community for young people to anonymously share their thoughts, feelings, secrets, news, aspirations and lifestyle. Our social community is built by and for young people, to provide a safe place for you to share your secrets anonymously, provide support to other users and connect to experts & other support organisations when you need them most.	Free	12+
Big White Wall		Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.	Free (to eligible groups)	16+
MeeTwo		Safe and secure forum for teenagers wanting to discuss any issue affecting their lives. They can anonymously get advice form experts or other teenagers going through similar experiences, such as mental health, self-harming, relationships and friendships.	Free	12+
eQuoo: Emotional Fitness Game		eQuoo, an evidence based, captivating choose-your-own-adventure game that increases your emotional fitness. After mastering a set of psychological skills, you can choose your own adventure game to put them to the test. The type of game changes level by level, and there are mini-games designed to help you understand your personality and identify your areas for growth and personal development.	Free (in app purchases)	12+
Smiling Mind		Meditation app geared toward kids and adults. The meditations for younger kids seem to be parent-child focused, as many of them speak directly to the parent and include activities (e.g., close hugging) that are most appropriate for a parent-child relationship. There are also lesson plans for teachers that can be paired with the student meditations provided. Parents can create sub-accounts so each member of the family can track individual programs, favourites, and progress over time.	Free	4+
Headspace		Headspace is your personal guide to health and happiness. It'll help you focus, breathe, stay calm, perform at your best, and get a better night's rest through the life-changing skills of relaxation, meditation and mindfulness	Free In app purchases	4+

Mindfulness		<p>The Mindfulness App will help you to become more present in your daily life. Includes:</p> <ul style="list-style-type: none"> • Get Started: a five day guided practice and introduction to mindfulness • Timed Sessions: guided and silent meditations from 3 to 30 minutes • Personalized Meditation: customize your meditation with guided introduction and bells • Meditation Reminders and Mindful Notices: help you to be mindful throughout the day • Statistics: keep track of your meditation journey • Health App integration allows you to sync your meditation practice time 	Free In app purchases	4+
Down Dog		<p>Yoga App With over 30,000 different configurations, Down Dog gives you the ability to build a personalised yoga practice. Choose your favourite voice, your level, select the time/ duration, then get started.</p>	Free	No age limits
Feeling Good		<p>Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset. Helps improve positive feelings, self-esteem and self-confidence.</p>	Free	12+
Weight Loss Plan		<p>12-week diet and exercise plan</p> <ul style="list-style-type: none"> • Promotes safe and sustainable weight loss. • Support from online community • Weekly progress charts • Exercise plans • Skills to prevent weight regain 	Free	18+
Drink Free Days		<p>Track your alcohol consumption and spend over time, calculate units and calories and set goals to help you moderate your drinking</p>	Free	No specific guidance given – assume 16+
Couch to 5k		<p>The app builds you up gradually with a mix of running and walking from couch potato, to 5k hero in just 9 weeks.</p>	Free	4+
Cove		<p>Create music to capture your mood and express how you feel with the Cove app, Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal or sent them to someone and let the music do the talking</p>	Free	4+

