



SELF HELP APPS

These days so many of us use apps in our everyday life for anything from shopping to entertainment to travel, but have you considered using them to look after your wellbeing and mental health?



MENTAL WELLBEING APPS



SILVERCLOUD

Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioral 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.

The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioral Therapy (CBT).



CALM HARM

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.



CATCH IT

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.

DEPRESSION & ANXIETY APPS



WELLMIND

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.



FEAR TOOLS – Anxiety Kit

Fear Tools is an 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.



SAM

Self-help for Anxiety Management

SAM is an app to help you understand and manage Anxiety. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behavior over time and manage your anxiety through self-help exercises and private reflection. The “Social cloud” feature will enable you to share your experiences with the SAM community while protecting your identity.



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 it.

PHYSICAL WELLBEING APPS



COUCH TO 5K

Walk and run your way to 5k this Couch to 5k app designed to take total beginners from walking to running for 30 minutes in just 9 weeks. The app builds you up gradually with a mix of running and walking. All you have to do is choose one of our four famous trainers and let them guide and motivate you through each session.



MINDFULNESS

Adapted from Buddhist meditation techniques, mindfulness-based therapies have become very popular in the UK, and are one of the 5 Steps to Wellbeing recommended by the NHS. Anyone can use mindfulness to reduce stress and improve wellbeing, but studies have also found it can be effective in treating a range of conditions, including depression, anxiety, and obsessive-compulsive disorder, as well as helping prevent substance-misuse relapses.

EATING DISORDER APPS



RISE UP – EATING DISORDER APP

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 behavioral therapy (CBT). With the Rise Up + Recover app you can:

- Log your meals, emotions and behaviors from your 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
- Share motivational and inspirational quotes, images and affirmations
- Access a wide range of resources to build a strong recovery warrior mindset
- Find support and treatment nearby