




Many people with mental health problems tell us that they find apps useful when it comes to managing their mental health. At Wellbeing we have researched the most helpful *FREE* apps that will give you the opportunity to seek additional guidance and learn new skills. Please find below the recommended apps we would suggest:

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|  | Mind Shift | <p>Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. It can encourage you to take charge of your life, ride out intense emotions, and face challenging situations</p> |
|  | SAM | <p>SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time and learn 25 different self-help techniques.</p> |
|  | Happify | <p>Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts</p> |
|  | Headspace | <p>The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus.</p> |
|  | Calm | <p>Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.</p> |
|  | Smiling Mind | <p>Smiling mind is a way to practice daily meditation and mindfulness exercises from any device. This is helpful during times of stress and is a fun and unique way to help you put a smile on your mind.</p> |
|  | Beat Panic | <p>Beat Panic is designed to guide people through a panic attack or raised anxiety using their phone.</p> |

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|  | Big White Wall | <p>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.</p> |
|  | Catch It | <p>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.</p> |
|  | Chill Panda | <p>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.</p> |
|  | 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.</p> |
|  | ieso | <p>ieso is an online course using instant messaging for people with mental health problems. The confidential service puts you in touch with a therapist trained in cognitive behavioural therapy. The therapy is by text so you can review your sessions at any time.</p> |
|  | Pzizz | <p>The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed.</p> |
|  | Elefriends | <p>Elefriends is a supportive online community from the mental health charity Mind. Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.</p> |
|  | Recovery Record: Eating Disorder | <p>Keep a record of meals, thoughts, and feelings; customize meal plans, coping tactics, and recovery goals; and link to your treatment team when you need in-the-moment</p> |