



## NHS approved list of Apps for mental health support

These Apps are digital tools that have been assessed by the NHS. This means they meet the NHS quality standards for clinical effectiveness, safety, usability and accessibility and has a supportive evidence base.

### Apps suitable for all ages

App	Cost	Target area	Suitability for YP
Beat Panic	£0.99	Designed to guide people through a panic attack or raised anxiety. The app uses a series of soothing coloured flashcards with messages designed to help you overcome a panic attack in a calm, gentle manner.	Suitable for anyone who experiences panic attacks
Calm Harm	Free	Designed to help people resist or manage the urge to self-harm. Uses the principles of dialectical behaviour therapy. Encourages users to distract themselves from urges to self-harm and help manager their emotions in a more positive way.	Suitable for all ages
Catch It	Free	How to manage feelings like anxiety and depression. Uses CBT to help change the way people think and feel about things Use the app to record your mood in three simple steps: •‘ <b>Catch It</b> ’ records and rates your mood. •‘ <b>Check It</b> ’ asks you to take a moment to reflect on what you’re thinking. •‘ <b>Change It</b> ’ asks you to think about a better way of dealing with a problem.	Suitable for all ages
Chill Panda	Free	Chill Panda uses the camera on a smartphone or other mobile device to capture your heart rate. 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,	Chill Panda is for children and adults

		including breathing and light exercise.	
Cove	Free	<p>Cove is like a mood journal, except instead of using words to express how you feel, you use music.</p> <p>To create music, choose from six different moods – calm, struggling, longing, playful, clouded and gentle.</p>	Suitable for anyone
Stress & Anxiety Companion	Free with in-app purchases	<p>Uses CBT</p> <p>Managing stress and anxiety at home or on the go with breathing exercises, relaxing music and games.</p> <p>Helps to identify your anxiety and stress triggers</p>	People with mild – moderate anxiety or stress
Thrive: Feel Stress Free	To unlock all functions requires a subscription £5.99 / month	<p>Uses game to track your mood and teach you methods to take control of stress and anxiety. Learn relaxation techniques like meditation and deep-breathing</p> <p>Lets you track your mood, emotions and situation you were in at the time.</p> <p>Reminds you of how you reacted on a previous occasion to make you feel better.</p>	Suitable for any age
Ieso	Free in some areas	<p>Online course using instant messaging for people with MHP. CBT</p> <p>You will be matched with a therapist</p> <p>Appointments are either 30 or 60 minutes long and can be scheduled for any time of the day, including evenings and weekends.</p> <p>The length of your treatment depends on your needs. You can expect to have between four and 12 therapy sessions.</p>	Suitable for all ages
MyCognition Home	Free with in-app purchases	<p>You start off by doing a 15-minute test called MyCQ, which assesses: planning, decision-making, memory, concentration, and speed and accuracy.</p> <p>Your MyCQ score is used to create a personalised training programme to help improve your performance in some of these areas.</p> <p>You're encouraged to spend 90 minutes a week – that's 15 minutes a day – using the app's brain training games.</p> <p>Aims to help people think faster, focus better</p>	Suitable for children and adults

		and improve decision making and memory.	
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### **Apps suitable for adolescents**

App	Cost	Target area	Suitability for YP
Be Mindful	£30.00 for 10 sessions	Online course for reducing stress, depression and anxiety. It guides through elements of mindfulness-based cognitive therapy	Be Mindful is for anyone aged 16 years or older
Big White Wall	Free	Online community for people who are stressed, anxious or feeling low. Support is given from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.	For anyone aged 16 or over who wants to improve their mental health
BlueIce	Free	Evidence based app to help young people manage their emotions and reduce urges to self-harm. Has a mood diary/wheel to track your mood – allows young people to see patterns/ identify triggers. Offers personalised set of activities designed to reduce distress.	BlueIce is suitable for young people attending mental health services who are self-harming
distrACT	Free	Access to information and advice about self-harm and suicidal thoughts.  There's advice and support information, including emergency contact numbers, how best to work with healthcare professionals, and safer alternatives to self-harming.  In the app's Chill Zone, you can find resources that may help you feel better.	Anyone over the age of 17
MeeTwo	Free	Safe and secure forum for teenagers wanting to discuss any issue affecting their lives. Anonymously discuss with experts or other teenagers going through similar experiences. Aims to build confidence, increase wellbeing and improve emotional resilience Post and replies are moderated and therefore only positive feedback is published	Teenagers
SilverCloud	Free	Online 8 week course to help manage stress, anxiety and depression. CBT approach Work on a series of topics chosen by your therapist Therapist will check in with you every 2 weeks	Over age of 16

### **Apps suitable for adults**

App	Cost	Target area	Suitability for YP
FearFighter	Free – In App purchases	9 week course (50mins/ session) for people who struggle with phobias, panic or anxiety. Uses CBT and gradual exposure Weekly questionnaire to see progress	Suitable for Adults
Feeling Good:positive mindset	Free – In App purchases	Uses relaxation, CBT and resilience building techniques to improve positive feelings, self esteem and self- confidence 12- track Positive Mental Training	Over 18s
My Possible Self: The Mental Health App	Free with in-app purchases	Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Content from world-leading mental health experts Information has been proven to reduce stress, anxious feelings and low mood in 8 weeks.	Over the age of 18

### **Other useful Apps for mental health support**

These Apps are not NHS approved, but many people find them useful.

App	Cost	Target area	Suitability for YP
Calm	£40/ year	Learn the life-changing skill of meditation Get more restful sleep and wake up feeling refreshed Video lessons on mindful movement and gentle stretching Exclusive music to help you focus, relax, and sleep	Suitable for all.
Headspace	£10/ month	Hundreds of themed sessions on everything from stress and sleep to focus and anxiety. Bite-sized guided meditations for busy schedules. SOS exercises in case of sudden meltdowns.	Has a separate meditations for Kids
Moodivate	£4.99	Moodivate is a self-help Behavioral Activation mobile app that delivers all Behavioral Activation treatment components. Moodivate is ideal for individuals who have been feeling down, depressed, bored, and/or irritable.	Suitable for all.

Clear Fear	Free	Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.	Teens
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