



Helpful

apps for



Apple

and



phones.

Name of app	Cost	Apple or Android	Purpose	Website address
 <p>Be Mindful Be Mindful is an online course for reducing stress, depression and anxiety. It guides you ... £30.00 Mental health</p>	FREE	 Apple	Online course for reducing stress	https://www.bemindfulonline.com/
 <p>Beat Panic Beat Panic is designed to guide people through a panic attack or raised anxiety using ... £0.99 Mental health</p>	99p	 Apple	Panic attacks and anxiety	
 <p>Calm Harm Calm Harm is an app designed to help people resist or manage the urge to ... Free Mental health</p>	FREE	 Apple 	RESIST / MANAGE DSH	
 <p>Catch It Learn how to manage feelings like anxiety and depression with Catch It. The app will ... Free Mental health</p>	FREE	 Apple 	To help manage emotion	

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 <p>Chill Panda Being tested in the NHS Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app ... Free Mental health</p>	FREE	 	Younger kids - managing emotions	
 <p>Cove Being tested in the NHS Create music to capture your mood and express how you feel with the Cove app ... Free Mental health</p>	FREE		Make music to manage feelings	
 <p>Feeling Good: positive mindset Relax your body and mind with a series of audio tracks designed to help you ... Free, with in-app purchases Healthy living Mental health</p>	FREE	 	Relaxation	
 <p>My Possible Self Take control of your thoughts, feelings and behaviour with the My Possible Self mental health ... Free with in-app purchases Mental health</p>	FREE	 	Help with thoughts, feelings and behaviour	

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Name of app	Cost	Apple or Android	Purpose	Website address
 <p>Peanut The Peanut app makes it easy for mothers to meet up, share parenting advice and ... Free Online community Pregnancy and baby</p>	FREE	 Apple 	Mums sharing advice and support	https://www.peanut-app.io/
 <p>Pzizz The Pzizz app helps you quickly quiet your mind, fall asleep fast, stay asleep, and ... Free Sleep</p>	FREE	 Apple 	To help with sleep problems	
 <p>SilverCloud SilverCloud is an online course to help people manage stress, anxiety and depression. You work ... Free Mental health</p>	FREE	 Apple 	Stress, anxiety and depression	https://www.silvercloudhealth.com/

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 <p>Stress & Anxiety Companion Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing ... <small>£2.99. Offers in-app purchases</small> Mental health</p>	<p>£1.99</p>	 Apple	<p>Breathing exercises to help manage stress and anxiety</p>	
 <p>Thrive: Feel Stress Free</p>	<p>Free to download but require subscription</p>	 Apple 	<p>Helps prevent and manage stress, anxiety and related conditions</p>	

Selected from <https://apps.beta.nhs.uk/>