

## PHONE APPS

This is a collection of apps that are designed to support young people, adults and families with their mental health and Wellbeing. Some of these require a paid subscription to use them whilst others are free.



### Headspace

A meditation app that acts as a personal guide to health and happiness.



### Superbetter

Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.



### Mindshift

A free app designed to help teens and young adults cope with anxiety.



### Happify

Turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.



### Smiling Mind

A meditation program developed by psychologists and educators to help bring mindfulness into your life.



### Calm Harm

An app that helps young people manage the urge to self-harm.



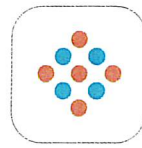
### Calm

Meditation techniques to aid with stress and sleep.



### What's Up

Utilising some of the best CBT methods to help you cope with Depression, Anxiety, Anger, Stress and more.



### No OCD

Helps with those suffering from obsessive compulsive disorder.



### SafeSpot

Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.



### My 3

Help yourself and reach out to others if you are having thoughts of suicide.



### MoodKit

Uses CBT principles to help with low mood and anxiety.



### Worriots

Child friendly app designed to help children cope with worries and anxieties.



### SAM

SAM is an app to help you understand and manage anxiety.



### Stop Breathe Think

Check in with how you're feeling, and try short activities tuned to your emotions.



### HappiMe

Free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people