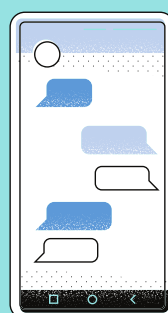
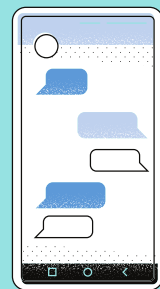


MENTAL HEALTH APPS



A list of mental health apps in alphabetical order of mental health or wellbeing need. This list is designed to give students a short number of options, all of which have been reviewed, to make the process of selecting an app to support you easier.

ANXIETY

Catch it

Designed to illustrate key principles of CBT, this app aims to help users better understand their mood and negative thoughts through use of an ongoing diary and reflection.

Free app



Dare

An app aimed to overcome anxiety and panic, it has helpful audio guides on different themes within anxiety. The app also has an SOS section with short supportive audio guides for common strong feelings and sensations that occur due to anxiety and panic.

Basic app free, with in-app purchases, premium subscription packages available to purchase



Mood Mission

Based on CBT, an evidence based app designed to give users a tailored list of five missions that may help them feel better and improve their wellbeing when reporting their mood.

Basic app free, with in-app purchases



DEPRESSION

Action for Happiness

This app includes daily action ideas, including monthly wellbeing calendars and an 'action for happiness' feed, to scroll through for positive content. This app aims to help users boost motivation, engage in positive thoughts, maintain a healthy routine and encourage acts of self-care.

Basic app free



Mood Mission

Based on CBT, an evidence based app designed to give users a tailored list of five missions that may help them feel better and improve their wellbeing when reporting their mood.

Basic app free, with in-app purchases



MEDITATION AND MINDFULNESS

Calm

Reviewed highly for sleep, meditation and relaxation. This app includes guided meditation as well as sleep stories, nature sounds and mindfulness topics.

Basic app free, with in-app purchases and premium subscription packages available to purchase



Headspace

Reviewed highly for meditation, sleep and stress relief. This app includes many guided mediation on focus, exercise and sleep, it releases a daily meditation on a new topic each day.

Basic app free, with in-app purchases and premium subscription packages available to purchase

**\$9.99 a year for students or free for students with Spotify premium (£4.99 p/month)*

■ MEDITATION AND MINDFULNESS

Insight Timer

A guided meditation app aimed to help sleep and reduce anxiety. This app includes meditation and music tracks, a recommended playlist feature, courses aimed to calm the mind and offers the option to 'follow mediation teachers'.

Basic app free, with in-app purchases and premium subscription packages available to purchase



■ INCREASING POSITIVITY AND WELLBEING

Action for Happiness

This app includes daily action ideas, including monthly wellbeing calendars and an 'action for happiness' feed, to scroll through for positive content. This app aims to help users boost motivation, engage in positive thoughts, maintain a healthy routine and encourage acts of self-care.

Basic app free



Gratitude Happiness Journal

An app aimed to promote personal growth and happiness through journaling focussed on gratitude. This app includes space for daily expressions of gratitude and appreciation with helpful prompts, encourages writing daily self-affirmations and includes 'daily zen' thoughts.

Basic app free, with in-app purchases, premium subscription packages available to purchase



■ SLEEP

Slumber: Fall Asleep, Insomnia

This app has a collection of stories and meditations aimed to induce sleep, beat insomnia and help users fall asleep quicker. It also includes soothing sounds and ASMR stories.

Basic app free, with in-app purchases, premium subscription packages available to purchase



Sleep

An app with a collection of soothing stories, meditations, white noise and sounds from different environments aimed to help users fall asleep. It includes features designed to improve quality of sleep, help against insomnia and aims to make the 'morning wake up' easier for users.

Basic app free, with in-app purchases, premium subscription packages available to purchase



Calm and **Headspace** are also apps designed to help users improve their sleep.

■ SUICIDE AND/OR SELF HARM

Calm Harm

Designed to distract users from urges of self-harm by engaging in a short helpful activity of their choice (from 6 varying themes). It includes a comprehensive list of activities in Comfort, Distraction, Expressing self, Release, Random and Breathing techniques.

Free app



Stay Alive

A pocket suicide prevention resource including information and resources, prompts of reasons for living, a customisable safety plan and other helpful preventative tools in a crisis including a list of UK national and local helplines.

Free app