



Lifesum—this is a broad resource for looking at healthy living. It helps you set personal goals like eating healthier, increasing exercise.



PTSD Coach—offers a self-assessment for PTSD. Offers opportunities to find support, positive talk and anger management. Customise tools for your own individual needs.



Recovery Record—a great app for those recovering from an eating disorder who want to develop a more positive body image.



MY3—is aimed at people who are depressed or suicidal. It helps you create a safety plan helping you think through and list your own warning signs, coping strategies and support networks.



nOCD—designed with the help of OCD specialists and patients to incorporate two treatments : mindfulness and exposure response prevention treatment.



Wellmind—free NHS mental health and wellbeing app designed to help with stress, anxiety and depression. It contains advice with tips and tools to improve your mental health and boost your wellbeing.



Mental health recovery guide—Looks at 17 essential things you need to know to help recover from a mental illness.

All apps listed were free to download at the time of publishing.

Some apps may contain advertising or in-app purchasing

AUTHOR: C. CONSTERDINE
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DIRECTORY OF
DOWNLOADABLE SELF-HELP
APPS THAT CHILDREN AND
YOUNG PEOPLE MAY FIND
USEFUL



Most apps are available on Google Play or the AppStore.

Apps are not designed to replace contact with health services or professionals—please contact your GP if you are concerned about your symptoms.



Breathe to relax—portable stress management tool using a breathing exercise.



Stay Alive—pocket suicide prevention resource with information to help you stay safe.



Calm harm—provides tasks to help you resist and manage self-harm. There are four categories to help target the main reason people self-harm.



Fear tool—anxiety kit; contains a thought diary and breathing tools.



Mood tools—designed to combat depression and low mood. Includes various helpful ideas including activities and creating a safety plan.



Stressheads—use this app to take out your frustration on the head that appears. There are also some tips for managing stress/ frustration.



Self-help for anxiety management (SAM)- helps understand and manage anxiety.



Happify-Reduce stress and overcome negative thoughts. Includes tools and programs to improve emotional well-being.



Quit That!-helps users beat their habits or addictions. Either stopping drinking alcohol, quit smoking or stop taking drugs.



Whatsup—Uses Cognitive behaviour therapy (CBT) methods to help you cope with symptoms of depression and anxiety.



Calm—guided meditations, sleep stories and relaxing music.



Mind Shift—a mental health app designed specifically for teens and young adults with anxiety. Stresses the importance of changing how you think about anxiety.

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