

**Resources for mental health support and emotional wellbeing**

NHS approved

| **App** | **Cost** | **Age suitability** | **Description** |
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| Chill Panda | Free | Children and adults | Learn to relax, manage your worries and improve your wellbeing.  Tasks include simple breathing techniques and light exercises to take your mind off your worries |
| Big White Wall | Free | For anyone aged 16 feeling stressed, anxious or low | The service has an active forum with round-the-clock support from trained professionals.  Offer group or one-to-one therapy with therapists. |
| BlueIce | Free | For young people attending mental health services who are self-harming | To help young people manage their emotions and reduce urges to self-harm  It includes a mood diary, a toolbox of evidence-based techniques to reduce distress, relaxation, mindfulness and automatic routing to emergency numbers if urges to harm continue |
| Catch It | Free | Anyone who struggles with feelings like anxiety, depression, anger and confusion | Based on Cognitive Behaviour Therapy techniques; support with thoughts and feelings |
| eQuoo: Emotional Fitness Game | Free, with in-app purchases | Anyone over the age of 12 | Designed by psychologists to help individuals increase their emotional fitness and teach you them psychological skills through games |
| Feeling Good: positive mindset | Free, with in-app purchases | Anyone aged 18 or over who feels worried or stressed | Uses relaxation, [cognitive behavioural therapy](https://www.nhs.uk/conditions/cognitive-behavioural-therapy-cbt/) (CBT) and resilience building techniques from sport to help improve positive feelings, [self-esteem](https://www.nhs.uk/conditions/stress-anxiety-depression/raising-low-self-esteem/) and self-confidence |
| MeeTwo | Free | Teenagers | The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.  They can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships. |
| My Possible Self: The Mental Health App | Free, with in-app purchases | Anyone over the age of 18 | To support manage fear, anxiety and stress and tackle unhelpful thinking.  Allows you to record your experiences and track symptoms to better understand your mental health |
| Student Health App | Free | University students | Provides easy access to more than 900 pages of reliable health information.  Created by NHS doctors and regularly updated |
| WorryTree | Free | Adults | Uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries.  It can also help you create an action plan for managing worry |
| Thrive | Free | Adults | Helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life |

Evidence-based, not NHS approved

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| Work guru | Free, as a response to coronavirus | **For over 18** | Evidence based occupational therapy app  It uses a combination of online coaching with cognitive behavioural therapy, positive psychology and Mindfulness to reduce levels of depression, anxiety and stress |
| Molehill Mountain | Free | **ASD and anxiety** | Evidence based app developed by Kings College London and Autistica Charity |
| Smiling Mind | Free | **Children and adults** | Mindfulness and Meditation |

Other

* **Mental Health Foundation's 16 free podcasts**’ Can be listened to on the [Mental Health Foundation website](https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing), downloaded or subscribe to on iTunes.
* **Elefriends: Supportive online community from the mental health charity Mind, for over 17’s only**
* **Free Psychotherapy support group for people isolating** <https://freepsychotherapynetwork.com/2020/03/22/online-support-group-for-people-isolated-by-the-corona-virus-covid19/>
* 30 days free mindfulness challenge course <https://online.rainbowyogatraining.com/courses/29/enroll?price_point=250&url_hash=ebd4a6752e8bf70739fa>
* Kings College London seminars on maintaining health and wellbeing <https://www.kcl.ac.uk/ioppn/maintaining-health-and-wellbeing-during-the-covid-19-pandemic>
* Kooth, emotional support for children and adolescents, <https://www.kooth.com/>
* Yoga courses <https://www.healthflix.online/>