Self Help Apps and Descriptions

All available on Android or IOS.

Name	Explanation
Panic Shield	Helps to train your mind not to be afraid by the sensations you typically associate with panic attacks, and not fear external situations or activities that you avoid in case they trigger a panic attack. It also includes a paced breathing tool to help you calm down when feeling anxious.
Calm	is the #1 app for mindfulness and meditation to bring more

	clarity, joy and peace to your daily life. Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced meditators and gurus. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule. Topics include; Calming Anxiety, Managing Stress, Deep Sleep, Focus and Concentration, Happiness, Gratitude, Self-Esteem, Body Scan, Loving- Kindness, Forgiveness, Non-judgement, Commuting to work or school, Walking meditation and Calm Kids.

Calm Harm	An app designed to help people resist or manage the urge to self-harm. It's private and password protected. Calm Harm is designed for people who are trying to manage urges to self-harm. The app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way. Please note that the app is an aid to treatment but doesn't replace it.
Whats Up	Uses CBT to help you cope with depression, anxiety, anger, stress and more.
MindShift	An app designed for young people to change how you think about anxiety and instead of avoiding anxiety, giving strategies to

	support making shifts to face anxiety. As well as specific tools to tackle; sleep, riding out intense emotions, perfectionism, social anxiety, performance anxiety, worry, panic and conflict.
My Possible Self	Aims to help you to take control of your thoughts, feelings and behaviour. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.
Mood Path	Helps you reflect and track your psychological, emotional and physical wellbeing, as well as understand your triggers, symptoms and intensity of anxiety or depression.

Pzizz	Helps you quickly quiet your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses beautiful "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.
Clear Fear	Provides you with a range of ways to manage anxiety. Clear Fear uses a Cognitive Behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. Learn to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.

Daylio	“Daylio” (the diary mood tracker) enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.
SAM	“SAM” (Self Help for Anxiety Management). The users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users cope with the physical and mental symptoms

	of anxiety. Users can also create a personalised anxiety tool-kit, adding in the features of the app that they find most useful for easy access.
Anxiety Kit	“Anxiety Kit (FearTools)” is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. This application is especially useful for those suffering from Generalized Anxiety Disorder, Phobias, and Social Anxiety Disorder. The app contains several simple, useful, and powerful tools. They include; thought diary, exposure hierarchy and breathing techniques.
Stay Alive	“Stay Alive” is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having

	thoughts of suicide or if you are concerned about someone else who may be considering suicide.
ThinkNinja	ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.
Blue Ice	BlueIce is an evidenced-based app 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 and automatic routing to emergency numbers if urges to harm continue.
Headspace	The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day.

	You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day. – Have to pay for this app