

Apps to support your mental health and wellbeing

A list of apps to support your mental wellbeing.

All apps are available from Google Play and the Apple store.



Cumbria, Northumberland Tyne and Wear NHS Foundation Trust – self help guides

23 mental health self help guides covering common mental health issues such as anxiety, stress, anger, depression and low mood. The guide contain useful tips as well as self-help techniques. Also available in audio, BSL and Easy read formats.

Or visit: www.cntw.nhs.uk/selfhelp



Calm

Improve your health and happiness with the calm app. Help improve your sleep quality, reduce your anxiety and stress levels or just to improve your focus.

Or visit: www.calm.com/



Calm Harm - Self Harm

This app can help you reduce the urge to self-harm and manage your emotions in a positive way.

Or visit: <https://stem4.org.uk/new-calm-harm-app-features/>



Couch to 5K

Get fit and in shape with the Couch to 5K app. NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks.

Couch to 5K is a running plan for absolute beginners. The plan involves 3 runs a week, with a day of rest in between, and a different schedule for each of the 9 weeks.

Or visit: www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/





headspace

Head space

Improve your health and happiness. Learn the essentials of Meditation and mindfulness with the free basics course.
Or visit www.headspace.com

Hub of Hope



Provided by
CHASING THE STIGMA

Hub of Hope

There's always somebody to talk to.....

The Hub of Hope is the country's first nationwide mental health database, which brings help and support together in one place. The app will help you to find much needed support using your phone's location to find key services and organisations.

Or visit: <https://hubofhope.co.uk/>



NHS 12 week Weight Loss Plan

The weight loss plan is broken down into 12 weeks. It is full of healthy eating, diet and physical activity advice, including weekly challenges.

Or visit: www.nhs.uk/livewell/healthy-weight/start-losing-weight/



Stay Alive

The StayAlive app is a suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts about suicide or if you are concerned about someone else who may be considering suicide.

Or visit: www.stay-alive-app/

Virtual Hope Box

The VHB can be used to store a variety of content that users find personally supportive in times of need. It can include family photos, videos and recorded messages from loved ones, inspirational quotes, music you find especially soothing or reminders of previous successes.

Or visit: www.my-therappy.co.uk/app/virtual-hope-box



Worry Tree

The Worry Tree app aims to help you take control of worry wherever you are. You can use the app to record whatever you feel worried about. It 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

Or visit: www.nhs.uk/apps-library/worrytree/

Other support available:



A Weight Off Your Mind (AWOYM)

Support with healthy eating, being more active and making healthy lifestyle choices.

www.cntw.nhs.uk/AWOYM

Staying Safe.net

Staying safe from suicidal thoughts. Create a safety plan to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress.

www.stayingsafe.net

Other mental health apps are available at:

www.nhs.uk

<https://www.nhs.uk/apps-library/category/mental-health/?sort=name>

Mind

<https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/>