

Mental Wellbeing Apps

Happier



(Free to use)

Happier helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach -- use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day.

- Share how you feel using our Apple Watch and we'll help you lift your mood with inspiring quotes, clear your mind with a positive meditation break, or easily capture and share something positive using just your voice.
- Use Happier as an on-the-go gratitude journal to record happy moments both big and small.
- Take our bite-sized, expert-led courses to discover new ways to find joy, calm, and satisfaction - they take just a few minutes a day, and help you become more resistant to negativity you may encounter, and more resilient overall.
- Connect with other Happier users in a positive and supportive environment.

Diary Mood Tracker – Daylio



(Free to install. Contains adverts and in-app purchases)

Daylio 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.

Catch it



(Free to use)

Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary.

The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).

Calm Harm



(Free to use)

Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

What does it do?

The four categories of tasks target the main reasons for why people self-harm. Distract helps to combat the urge by learning self-control; Comfort helps to care rather than harm; Express gets those feelings out in a different way and Release provides safe alternatives to self-injury.

Stay Alive



(Free to use)

This app 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.

Depression and Anxiety Apps

WellMind



(Free to use)

Wellmind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.

What's Up?



(Free to install but includes in-app purchases)

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!

Mood Tools - Depression Aid



(Free to install. Contains in-app purchases)

If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery. The app contains several different research-supported tools. They include:

- Thought Diary - Improve your mood by analyzing your thoughts and identifying negative/distorted thinking patterns based on principles from Cognitive Therapy
- Activities - Regain your energy by performing energizing activities and tracking your mood before and after, based on Behavioural Activation Therapy
- Safety Plan - Develop a suicide safety plan to keep you safe and utilize emergency resources during a suicidal crisis
- Information - Read information, self-help guidelines, and find help with internet resources
- Test - Take the PHQ-9 depression questionnaire and track your symptom severity over time
- Video - Discover helpful YouTube videos that can improve your mood and behaviour, from guided meditations to enlightening TED talks.

Anxious Minds



(Free to use)

Anxious minds are a charity that was set up by sufferers of anxiety and depression, to provide free support to all sufferers of anxiety and depression. No matter where you are, no one should suffer alone just because you cannot afford treatment or that you're on somebody's waiting list.

Join our community and let's start fighting back together and change the way mental health is supported forever, Social Network, Blogging Platform and Resource Centre; with an aim to encouraging people to gain knowledge and to share experiences relating to mental and emotional health issues - symptoms, treatments and medications. The app also includes:

- Online 24 hours support group
- Online peer support sessions / or start your own
- Online support groups / or start your own
- Advice and tips
- Videos
- Website developed by sufferers
- Blog written by sufferers