



MindDoc – Your companion

MindDoc, (previously known as Moodpath) aids in tracking your emotional states, identifying patterns, and providing regular mental health reports. It offers courses, meditations, sleep aids and other resources for those struggling with depression or anxiety.
More information at: www.minddoc.com/us/en



TalkLife – Mental health peer support community

TalkLife is an online peer support community for 16+ young people, offering 24/7 real-time moderation and clinical governance to provide instant, global support for mental health and life challenges, anytime, anywhere.
More information at: www.talklife.com



SuperBetter – Improve mental health, resilience, and social-emotional skills

SuperBetter is a game designed for 13+ played in real life to enhance resilience, success, and tackle challenges like anxiety and depression. Playing SuperBetter can unlock heroic potential, enabling individuals to achieve goals that matter.
More information at: www.superbetter.com



Happify – Activities and games to overcome stress

Happify offers science-based activities and games to help overcome negative thoughts, stress, and life's challenges. 86% of users report improvement in 2 months. Free support is available, but Happify plus is a paid service.
More information at: www.happify.com



Catch it – Making sense of your mood

Catch It is a free NHS app that helps manage anxiety and depression by teaching users to view problems differently, transform negative thoughts into positive ones, and improve mental wellbeing.
More information at: www.liverpool.ac.uk/it/app-directory/catch-it/



Move Mood – Low mood and depression

Move Mood is an app developed for teenage mental health and uses the evidence-based treatment Behavioural Activation Therapy to help you improve your mood. Encouraging you to increase your motivation to carry out a variety of tasks to help you to move forward, take control and feel positive.
More information at: www.moodmove.co.uk



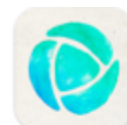
Calm Harm – Manage self-harm

Provides tasks that help you resist or manage the urge to self-harm and it's completely private and password protected. It uses ideas from an evidence-based therapy called DBT.
More information at: www.calmharm.co.uk



Stay Alive – Suicide prevention

This app is a free pocket suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.
More information at: www.stayalive.app



Thrive – Mental Wellbeing

Thrive is a game-based app provided by the NHS, helps you prevent and manage stress and anxiety by providing relaxation techniques to help you live a happier, stress-free life.
More information at: www.thrive.uk.com



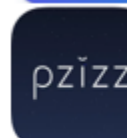
Smiling Mind – Meditation

Smiling Mind is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life.
More information at: www.smilingmind.com.au



Calm - Sleep, Meditate, Relax

This app offers meditations including guided meditations and sleep stories.
More information at: www.calm.com



Pzizz - Sleep, Nap, Focus

The Pzizz app, provided free by the NHS, uses "dreamscapes" containing music, voiceovers, and sound effects to help users fall asleep quickly, stay asleep, and wake up refreshed, promoting better sleep and power naps.
More information at: <https://pzizz.com/>



Headspace – Mindful Meditation

Through science-backed meditation and mindfulness tools, headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.
More information at: www.headspace.com/about-us



WYSA: 12+ Depression & Anxiety therapy

An 'emotionally intelligent' penguin that learns to react to the emotions you express. Over time it gets to know you better and proactively reaches out to help you.
More information at: www.wysa.io



Clear Fear – Ways to manage anxiety

Face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.
More information at: www.clearfear.co.uk



Helplines:

Childline: call 0800 11 11

Samaritans: call 116 123

Papyrus HOPELineUK: call 0800 068 41 41

Shout: text SHOUT to 85258

Websites:

Moodjuice: www.nhsinform.scot/illnesses-and-conditions/mental-health: a self-help site full of resources and booklets for dealing with anxiety, depression and other difficulties

Kooth: www.kooth.com: online free counselling support and discussion boards

The Mix: www.themix.org.uk: support service for young people; with information, forums, a helpline and a free counselling service

Togetherall: www.togetherall.com/en-gb: online community where people support each other anonymously to improve mental health and wellbeing

Moodgym: www.moodgym.com.au: free web-based CBT programme, which includes modules on assertiveness and inter-personal skills

NHS: www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/: mindfulness resources

