

APPS for CYP

Action for Happiness App (*iPhone/Android*)

Smartphone app which gives you friendly daily happiness "nudges"

Big White Wall (*iPhone/Android*)

Round the clock support from therapists for help with a **wide** range of mental health and wellbeing issues – from anxiety, depression, stress and trauma, to relationship problems and lifestyle challenges. Community sharing platform where people can discuss their experiences.

Blue Ice (*iPhone/Android*)

An evidence 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.

Calm Harm (*iPhone/Android*)

Calm Harm is an award-winning app developed for teen-age mental health charity stem4 using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

Catch it (*iPhone/Android*)

Learn how to manage feelings like anxiety and depression through looking at problems in different ways, turning negative thoughts into positive ones and improving mental wellbeing.

Depression CBT (*iPhone/Android*)

This self-help app is based on the tenets of CBT

Happify (*iPhone/Android*)

Happify's evidence-based games and activities borrow from positive psychology, CBT, and mindfulness.

Healthy Minds (*iPhone/Android*)

Problem-solving tool aimed at students.

InHand (*iPhone/Android*)

An app to help young people through the ups and downs of life; it suggests activities to help based on how you rank your mood.

Medisafe (*iPhone/Android*)

Medication is an important part of treatment for many people with bipolar disorder, but it can be hard to keep track of. An app like Medisafe is a must-have for ensuring you're staying safe with your medications and managing your mood appropriately.

Mindshift

Specifically for young people to help them manage their anxiety. There are lots of tools, techniques and

advice. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.

Moodpath (iPhone/Android)

Moodpath offers a mental health assessment that can help you make the judgement call about exploring professional treatment.

MoodGYM

MoodGYM is a free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore: Why you feel the way you do, changing the way you think, knowing what makes you upset, assertiveness and interpersonal skills training.

Mood Scope (iPhone/Android)

A mood tracking tool; the basic features are free but you have to pay for more in-depth features.

Mood Tools (iPhone/Android)

A free, convenient, and easy-to-use Smartphone app that provides six evidence-based tools to aid against clinical depression and negative moods

Moodometer (iPhone/Android)

An app as well as an online resource which helps children and young people monitor and understand their emotional wellbeing.

Recovery Record (iPhone/Android)

Self-help tool for children and young people suffering from eating disorders.

Rise Up + Recover (iPhone/Android)

Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image. Based off self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of time around the world.

SAM (Self-Help for Anxiety Management) (iPhone/Android)

Help with anxiety management which includes interactive games and tools, and an anxiety tracker.

SmilingMind (iPhone/Android)

SmilingMind is modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups. *Meditation is not recommended for those with PTSD or trauma related mental health issues*

Stay Alive (iPhone/Android)

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. In addition to the resources, the app includes a safety plan, customisable reasons for living, and a LifeBox where you can store photos

What's up? (Android)

What's Up? is more than just a diary and habit tracker. Drawing from CBT and acceptance commitment therapy, it helps teach you dozens of coping mechanisms.