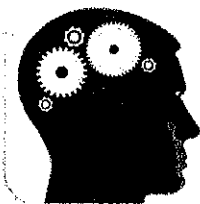


# Apps You May Find Useful (all are free)

## Self-Help Guides & Tips



### **MHRG: Mental Health Recovery Guide**

This app contains the most up-to-date evidence-based advice, support, and self-help remedies to aid and support you in your recovery. MHRG's advice and information has been collated by some of the world's leading healthcare institutions, such as the NHS. The app offers 17 steps in recovery, including positive thinking, food and mood, and even how dancing can help with mental health.



### **Depression CBT Self-Help Guide**

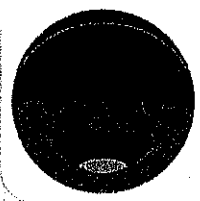
The natural management of depression involves understanding depression and the factors that contribute to the symptoms. Learning to manage stress in your life and engage in self-care behaviours can improve your symptoms and your mood. This app contains audios, articles, a cognitive diary, and a motivational points system that help you learn how to do this.



### **SAM: Self-Help Anxiety Management**

SAM is a friendly app that offers a range of self-help methods to help people with managing their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource to aid your recovery.

## Mood Diaries and Activity Trackers



### **Daylio**

This app allows you to keep a diary of your mood and activities each day. It collects your entries and displays them on a calendar so that you can understand your daily habits better. With the option to personalise activities, it enables you to create patterns that can help you be more pro-active. Daylio also has the option of a PIN lock to keep your diary private.



### **Pacifica**

This app is designed to help with mental health and wellbeing by giving you psychologist-designed tools based on Cognitive Behavioural Therapy, mindfulness meditation, relaxation, and mood/health tracking. This app allows you to keep a journal of your thoughts and mood, set daily challenges and goals, utilise the audio tools and activities provided, and offers a Pacifica peer-support community for you to share your stories.



### **Mood Tools (Depression) / Fear Tools (Anxiety)**

Both are evidence-based apps to help you on your road of recovery. These apps contain thought diaries, activities, information and videos, including guided meditation and TED talks.

## Mindfulness & Meditation



### Insight Timer

This app includes a huge directory of meditations to choose from, including body scans, introductions to meditations, walking meditation, plus those that focus on a topic, such as healing and forgiveness. Insight Timer can be a useful tool with sleeping, anxiety and stress, addiction, and self-love. You can also join worldwide discussion groups with the Insight Timer community.



### The Mindfulness App

Start your journey to a more relaxed and healthier state of mind with The Mindfulness App. Whether you are just starting out or experienced in meditation, The Mindfulness App will help you become more present in your daily life. This app also allows you to keep track of your meditation journey and has the option to set reminders.



### Stop, Breathe & Think

This app is a mindfulness, meditation and compassion-building lifestyle tool that is simple, fun and easy to use. Tune in to how you are thinking and feeling, and select emotions that guide you to recommended meditations. You can track your progress and share your favourite exercises with friends.

## Food & Sleep



### Relax Melodies

This app provides sounds and melodies that help with sleep and relaxation so that you can gain control of insomnia and night time anxiety. It also gives you the option of creating different and new mixes to suit the atmosphere you want. The app offers 5-day programs that focus on various topics, such as stress & anxiety relief or deeper sleeping.

DEPRESSION



60+ TIPS & FOODS

### Fight Depression Naturally

This app is designed to help with depression treatment and controlling stress by advising on mood enhancing foods, teaching the importance of writing wellness journals, and how to get adequate sleep. It includes advice on super foods, relaxing nature sounds, and simple tricks for sleep and journaling.

## Crisis Apps



### Stay Alive

This app is a pocket suicide prevention resource, full of useful information and tools to help you stay safe in crisis. You can use it if you're having thoughts of suicide or if you are concerned about someone else who may be considering suicide. The app includes a safety plan, a LifeBox where you can store photos that are important to you, tips on how to stay grounded, and an option to create your own interactive Wellness Plan.



### Calm Harm

This app provides tasks to help you resist or manage the urge to self-harm. You can set your own password so it is private, and navigate through four categories that help with self-control, provide safe alternatives and allow you to get your feelings out in a different way. The categories include: Distract, Comfort, Express Yourself, and Release.