


Wellbeing Apps and Websites

Difficulty	Name of App/Website	Description	Age	Cost	Logo
Anxiety	Chill Panda	App for learning to relax, manage worries, and improve wellbeing. App measures heart rate and suggests tasks, such as breathing techniques and light exercises, to take your mind off your worries.	All ages	Free	
Anxiety and/or Depression	Catch It	App for managing feelings of anxiety and depression. Teaches you to look at problems in a different way and turn negative thoughts into positive ones. Based on cognitive behavioural therapy (CBT).	12+	Free	
Anxiety and/or Panic attacks	Beat Panic	App designed to guide you through a panic attack or heightened levels of anxiety.	12+	£1	
Crisis management	Young Minds Crisis Messenger	Text messaging service for people to use when they are experiencing a mental health crisis. Trained volunteers respond to user text messages within 5 minutes and provide support during crises.	Teenagers and adults	Free	
Eating difficulties	Rise Up + Recover	App for people struggling with food, dieting, exercise, and body image. Based on CBT, provides self-monitoring homework and allows you to track your meals, emotions, and behaviours.	12+	Free	
Emotional distress	Cove	App for creating music to capture your mood and express how you feel. You can create music to reflect emotions like joy, sadness, calm, and anger.	All ages	Free	
Healthy eating	Smart Recipes	App contains recipes for tasty and healthy meals your whole family will love.	All ages	Free	

Improving concentration and memory	My Cognition Home	Brain training app to help people think faster, focus better, and improve decision-making and memory.	All ages	Free	
Insomnia (Difficulty Sleeping)	Sleepio	App teaches a range of cognitive behavioural therapy (CBT) techniques that help people improve their sleep schedule, thoughts, and lifestyle.	12+	Free	
Mindfulness / Relaxation	Feeling Good	App to help relax the body and mind with a series of audio tracks designed to help one build confidence, energy, and a positive mindset.	All ages	Free	
Mindfulness	Mind Shift	App helps people cope with anxiety, worry, and panic using mindfulness techniques, including relaxation and developing more helpful ways of thinking.	All ages	Free	
Online counselling	Kooth	Online counselling service for young people with dealing with anxiety, low mood, relationship difficulties, and confidence issues.	Age 11 to 16	Free	
Physical wellbeing	Couch to 5k	App provides a simple training plan for beginners to walk and run their way to 5k in 9 weeks.	All ages	Free	
PTSD	PTSD Coach	App provides support for people with PTSD. It allows you to track symptoms over time, provides tools for managing symptoms, and contains information about emergency services.	12+	Free	
Self-harm	Calm Harm	App intended to help you eliminate or decrease self-harm and suicidal thoughts.	12+	Free	

Stress	Breathe 2 Relax	App designed to help you manage stress and anxiety using breathing techniques. It teaches you how to use diaphragmatic breathing and decrease the body's fight or flight stress response.	All ages	Free	
Suicide prevention	Stay Alive	App functions as a pocket suicide prevention resource packed with useful information to help people stay alive.	Teenagers and adults	Free	