

NHS - Mental health apps for smartphones



Be Mindful

[An online course to help reduce stress and anxiety using mindfulness-based cognitive therapy](#)

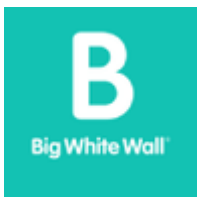
£30.00



Beat Panic

[Overcome panic attacks and anxiety wherever you happen to be](#)

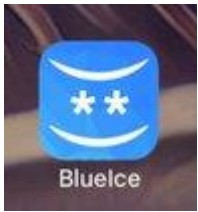
£0.99



Big White Wall

[Get round-the-clock support from therapists to help you cope with stress and anxiety](#)

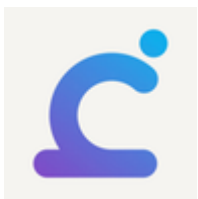
Free



BlueIce

This app helps young people manage their emotions and reduce urges to self-harm

Free



Calm Harm

Reduce urges to self-harm and manage emotions in a more positive way

Free



Catch It

Learn to manage negative thoughts and look at problems differently

Free



Chill Panda

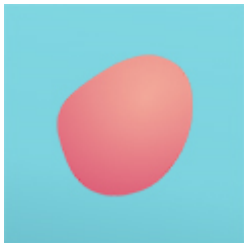
These digital tools meet NHS quality standards for safety, usability and accessibility and are being tested now with NHS patients to see if there is sufficient evidence to provide them an NHS stamp of approval.



Being tested in the NHS

Use breathing techniques to help you relax more, worry less and feel better

Free



Cove

These digital tools meet NHS quality standards for safety, usability and accessibility and are being tested now with NHS patients to see if there is sufficient evidence to provide them an NHS stamp of approval.



Being tested in the NHS

Create music to reflect emotions like joy, sadness and anger to help express how you feel

Free



distrACT

[Quick and discreet access to information and advice about self-harm and suicidal thoughts](#)

[Free](#)



[**eQuoo: Emotional Fitness Game**](#)

[Use adventure games designed by psychologists to help you increase your emotional fitness](#)

[Free, with in-app purchases](#)



[**Feeling Good: positive mindset**](#)

[Use audio tracks to help relax your body and mind and build your confidence](#)

[Free, with in-app purchases](#)



[**Ieso**](#)

[Connect confidentially and securely with mental health therapists using instant messaging](#)

[Free in some areas](#)



MeeTwo

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives

Free



My Possible Self: The Mental Health App

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking

Free, with in-app purchases



SilverCloud

An eight-week course to help you manage stress, anxiety and depression at your own pace

Free



Sleepio

An online sleep improvement programme, clinically proven to help you fall asleep faster

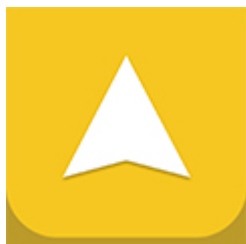
Free in some areas



Sleepstation

Connect with a team of sleep experts to help you fall asleep or stay asleep through the night

Free with GP referral



Stress & Anxiety Companion

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts

Free, with in-app purchases



Student Health App

Reduce your worries, feel more confident and get the health information you need as a student

Free



Thrive

Use games to track your mood and teach yourself methods to take control of stress and anxiety

Free