|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name of App** | **Description** | **Price** | **Android Suitable** | **iPhone Suitable** |
| **MindShift**  <http://www.anxietybc.com/resources/mindshift-app> | App that aims to help you take control of your anxiety, with strategies for managing everyday anxiety to tools to help with more specific aspects of anxiety | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **SAM**  <http://sam-app.org.uk/> | Aims to help you understand and manage anxiety. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **WellMind (NHS)**  <https://play.google.com/store/apps/details?id=com.bluestepsolutions.wellmind&hl=en_GB> | Advice and tips on how to improve mental health and wellbeing. Can monitor moods, get crisis help and use relaxation audio tracks. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |  |
| **Stay Alive**  <http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html> | Access to national helplines, personalised mini-safety plan, how to help others who may be suicidal. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **CALM HARM**  <https://play.google.com/store/apps/details?id=uk.org.stem4.stem4&hl=en_GB> | Aims to help users to express feelings in other way and to use small tasks to distract from the thoughts of self-harm. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |  |
| **Stop Panic & Anxiety Self-help**  <https://play.google.com/store/apps/details?id=com.excelatlife.panic&hl=en_GB> | Focussed on Panic Disorder and controlling panic to relieve the fear of panic and panic attacks. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |  |
| **The Worry Box**  <https://play.google.com/store/apps/details?id=com.excelatlife.worrybox> | Aims to focus on positive thinking and stress release, mindfulness and being able to control your worry. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |  |
| **Virtual Help Box**  <http://t2health.dcoe.mil/apps/virtual-hope-box> | To be used alongside a health provider to further promote coping, relaxation, positive thinking and distraction. Applicable for a range of Mental Health issues including PTSD. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **Pacifica**  <https://itunes.apple.com/us/app/pacifica/id922968861?mt=8> | Based on CBT for mindfulness and relaxation to improve wellbeing, for release from anxiety, stress and | In-app purchases available | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **Jason Foundation- A Friend Asks**  <http://jasonfoundation.com/get-involved/student/a-friend-asks-app/> | Information and resources to help yourself or someone you know to prevent suicide. Also includes a ‘Get Help Now’ for crisis situations. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **Anxiety United**  <https://play.google.com/store/apps/details?id=com.anxiety.united&hl=en> | Social network to share experiences and gain information and advice, with a free resource centre. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |  |
| **Toxic Thinking**  <http://www.toxicthinking.info/> | Awareness and prevention of toxic thinking by focussing on the triggers, and appropriate action, as well as general information. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **Depression CBT Self-help Guide**  <https://play.google.com/store/apps/details?id=com.excelatlife.depression&hl=en_GB> | Help to manage depression, relaxation audios, a diary, articles and CBT suggestions. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |  |
| **Big White Wall**  <https://www.bigwhitewall.com/landing-pages/landingv3.aspx?ReturnUrl=%2f#.VjnhXbfhDIU> | Anonymous online community for people struggling to cope with anxiety in a variety of forms. Trained ‘Wall Guides’ ensure member safety. Enables you to express yourself by creating a ‘brick’ to go in the wall. Can take assessments to track your progress against your goals. | Free in some areas from the NHS, universities and employers, otherwise may require £24 membership fee | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **Mental Health WATs**  <https://play.google.com/store/apps/details?id=com.WATS.mentalhealth&hl=en_GB> | Aims to raise awareness and reduce the stigma of mental health issues. | Free | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |  |
| **Beat Panic**  <https://itunes.apple.com/gb/app/beat-panic/id452656397?mt=8> | Phone app that helps you to calm and control your breathing when experiencing panic. Guides you through panic attacks and high anxiety. | 79p |  | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **Crisis Card**  <https://itunes.apple.com/gb/app/crisis-card/id773338926?mt=8> | In a health crisis this app provides a ‘call for help’ button, to the support network that you’ve set up, it provides details of what you may need and potentially where you are without you needing to talk. | Free |  | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **Stress Tips**  <https://itunes.apple.com/gb/app/stress-tips/id442922568?mt=8> | Advice in the form of audio clips, from people who have also experienced stress and anxiety. | 79p |  | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **Stress Tips 2**  <https://play.google.com/store/apps/details?id=com.ais.anxiety.v2&hl=en> | Advice in the form of audio clips, from people who have also experienced stress and anxiety, available on android phones. | 69p | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |  |
| **Calm-Meditate, Sleep, Relax, Breathe**  <https://itunes.apple.com/gb/app/calm-meditate-sleep-relax/id571800810?mt=8> | Teaches mindfulness, calming techniques and meditation with the aim to improve mood. | In app purchases |  | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |
| **Calm-Meditate, Sleep, Relax**  <https://play.google.com/store/apps/details?id=com.calm.android> | Teaches mindfulness, calming techniques and meditation with the aim to improve mood. Android Version. | In app purchases | https://pixabay.com/static/uploads/photo/2013/07/13/10/48/check-157822_640.png |  |