

Some apps for wellbeing and mental health



While not a substitute for consulting a mental health professional, there are more and more apps that put helpful techniques at your fingertips. Below is a selection of apps which you may find useful:

- **Balanced** helps with staying in control, knowing what to do next, becoming more mindful, finding inspiration, and leading a happier life.
- **Big White Wall** is an online mental health and wellbeing service offering self-help programmes, creative outlets and online community support.
- **Booster Buddy** gives you a virtual animal friend to help manage your mental health, keep track of appointments, get started on tasks, develop healthy coping skills, follow self-care routines, and socialise.
- **Buddhify** is a meditation app with different meditations for all parts of your day.
- **Breathe2relax** provides detailed information on the effects of stress on the body as well as instructions and exercises to help you learn to manage stress using diaphragmatic breathing.
- **Daylio** can help you to understand your habits and factors that might influence your mood by keeping a private diary of your moods and activities.
- **Hear and Now** is designed to help with stress. It teaches deep breathing techniques and monitors your patterns and improvements.
- **Insight Timer** provides thousands of free guided meditations.
- **Mindshift** offers strategies to help you cope with anxiety.
- **Moodfit** helps you track your mood, to see what can cause it to lift and drop, and understand how sleep and exercise affect you.
- **Omvana** gives you access to meditation tracks for focus, peace, sleep, and tapping into your creative, purpose-driven life.
- **Sanvello** contains daily tools for managing stress and anxiety alongside a supportive community.

- **Sleep Cycle** tracks your sleep during the night and wakes you up during the lightest part of your sleep cycle, which can help you to feel better rested.
- **Smiling Mind** provides age-bracketed mindfulness meditations to help you relax and refocus.
- **Stay Alive** is designed to support people with suicidal thoughts and people concerned about someone else. It has quick access to UK national crisis support helplines, online support services and other helpful apps.