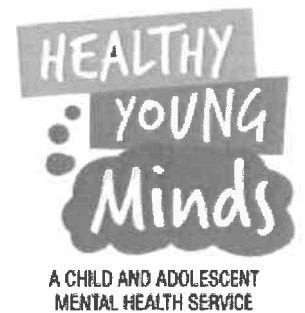


# Mental Health Apps



## Mindful Gnats

An app to help young people develop mindfulness and relaxation skills.

## Calm Harm

An app to help teenagers manage the urge to self-



harm.



## MindShift

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.



## Mood Tracker

A website app which lets you track moods and sleep patterns helping to manage depression, anxiety or bipolar disorder. <https://www.moodtracker.com/>



## MoodGYM

MoodGYM is a free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore:

- Why you feel the way you do
- Changing the way you think
- Knowing what makes you upset
- Assertiveness and interpersonal skills training



## Recovery Record

Recovery Record is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder.

## Rise Up + Recover

Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image. Based off self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of times around the world.



## SmilingMind

SmilingMind is modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups.

## SuperBetter

SuperBetter is a free web and app based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and

