

# Apps & Websites

## General Wellbeing

### CALM

App for Mindfulness and Meditation. (Available on iOS, Android & Web)

### Breathe2Relax

The relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health. (Available on iOS and Android)

### Stress Check by Azumio

This app takes you on a deep breathing exercise to promote calmness and can bring your heart rate down in five minutes. The app provides instant feedback with breath and pulse monitoring and tracks long-term progress. (Available on Android)

### Happify

The Happify app is a way to make a game of all the positive psychology tricks you know might work, but make you feel kind of silly when you actually do them. You'll start by taking a quick test that assesses the areas of happiness you should work on. Then, you're presented with a few "tracks" that can help get you to your goals. (Available on iOS and Android)

### SAMAPP: APPS FOR ANXIETY

SAM is an application to help you understand and manage anxiety. (Available on iOS and Android)

### PACIFICA

Daily tools for stress, anxiety, and depression alongside a supportive community. Based on cognitive behavioural therapy & mindfulness meditation. (Available on iOS, Android & Web)

### Thrive: Feel Stress Free

When you log in it gives you different tips to help you relieve stress/anxiety. There are tabs for meditation, deep relaxation, self-hypnosis, and more. (Available on iOS and Android)

### BASE

An app designed to help manage stress and anxiety. By learning more about how and why we experience anxiety at different times and in different situations we can be less fearful. (Available on Android)

### Smiling Mind

Trying to incorporate mindfulness into your daily life? This app can help you launch into a regular practice of mindfulness meditations. (Available on iOS and Android)

### Wysa Happiness Chabot

Wysa helps to build emotional resilience by talking to you about your situation. Over 60 psychologists and 10,000 users have provided specific inputs to shape how Wysa helps them. (Available on iOS and Android)

### I love Hue

When you feel like you have no control, this app can help soothe you by creating simple visual harmonies from mosaic tiles. (Available on iOS and Android)

#### Anxious Minds

Anxious minds are a charity that was set up by sufferers of anxiety and depression, to provide free support to all sufferers of anxiety and depression. (Available on Android)

#### Worry Watch

This journaling tool has a simple user interface where users can log instances of worry, fear, and anxiety. They can also add the outcome of each situation, which provides a comparison between expectation and reality that helps reduce anxiety over time. (Available on iOS)

#### What's Up? Anxiety App

This app uses CBT and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more. (Available on iOS and Android)

#### WELLMIND

WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing. (Available on iOS and Android)

#### Cove

Free, personal music journal to help you with your emotional and mental health. Trusted by the NHS. (Available on iOS)

#### Reflectly

A personal journal and diary driven by AI to enable you to deal with negative thoughts, make positivity louder and to teach you about the science of well-being. (Available on iOS and Android)

#### Happy not perfect

Backed by science, designed for you, Happy Not Perfect is your go-to place for everything you need to look after your mind in a fun new way. (Available on iOS and Android)