

Self Help

There are a number of apps that can help you to improve your mental health and wellbeing and combat poor mental health and anxiety issues:

App	Further Information
<u>IAMME</u>	<p>A free positive mental health app, created by young people, for young people. Designed to educate, enable and empower.</p> <p>i am me is the not-for-profit initiative that helps young people cope with the pressures of growing up in today's fast-paced world</p> <p>i am me is all about prevention: equipping young people with the tools and know-how to better cope with the challenges that they face, through the i am me app, and face-to-face workshops.</p> <p>The app provides a positive space on any young person's phone.</p>
<u>Smiling Mind</u>	<p>Free programs for children and adults</p> <p>All content is free</p> <p>Not for profit organisation</p> <p>Programs for Adult, child, classroom and workplace</p> <p>Stress, sleep, attention/concentration, wellbeing, performance, sport, mindful eating</p>
<u>Healthy Minds Innovations</u>	<p>The Healthy Minds Program App is an easy-to-use guide to well-being.</p> <p>Free app to reduce stress</p> <p>Meditation and breathing timer</p> <p>Podcast-style Lessons</p> <p>Healthy Minds Report</p>
<u>Insight Timer</u>	<p>Lots of free guided meditations.</p> <p>Can choose topic, e.g. anxiety, stress, sleep</p>

	<p>Timer with choice of ambient sounds.</p>
<u>Headspace</u>	<p>Free trial 2 weeks</p> <p>Guided meditations on everything from stress to sleep</p> <p>Over 40 mindfulness exercises for cooking, eating etc.</p> <p>Short meditations to do any time</p> <p>Sleep sounds</p> <p>10 day beginner course</p> <p>Monthly or annual subscription</p>
<u>Calm</u>	<p>7 day free trial then £28.99 per year</p> <p>Few free activities to try without signing up for free trial</p> <p>Meditation and relaxation aid to help with sleep</p>
<u>Happify</u>	<p>A free to access website including interactive games and discreet positive coaching.</p> <p>Extra resources available with a sign up cost.</p>
<u>BelievePerform</u>	<p>The world's leading source of performance psychology, well-being and mental health content for the sport community.</p>