Free Apps to Help with Mental Health

	Self Help A range of self-help guides	**Free**
	Big White Wall Get round-the-clock support from therapists to help you cope with stress and anxiety	**Free**
	BlueIce This app helps young people manage their emotions and reduce urges to self-harm	**Free**
	Calm Harm Reduce urges to self-harm and manage emotions in a more positive way	**Free**
	Catch It Learn to manage negative thoughts and look at problems differently	**Free**
	Cove Create music to reflect emotions like joy, sadness and anger to help express how you feel	**Free**
	distrACT Quick and discreet access to information and advice about self-harm and suicidal thoughts	**Free**
	eQuoo: Emotional Fitness Game Use adventure games designed by psychologists to help you increase your emotional fitness	**Free, with in-app purchases**
	Feeling Good: positive mindset Use audio tracks to help relax your body and mind and build your confidence	**Free, with in-app purchases**

MeeTwo A safe and secure forum for teenagers wanting to discuss any issue affecting their lives		**Free**
My Possible Self: The Mental Health App Learn how to manage fear, anxiety and stress and tackle unhelpful thinking		**Free, with in-app purchases**
SilverCloud An eight-week course to help you manage stress, anxiety and depression at your own pace		**Free**
Sleepio An online sleep improvement programme, clinically proven to help you fall asleep faster Free in some areas		**Free in some areas**
Stress & Anxiety Companion Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts		**Free, with in-app purchases**
Student Health App Reduce your worries, feel more confident and get the health information you need as a student		**Free**
Thrive Use games to track your mood and teach yourself methods to take control of stress and anxiety		**Free**