

Mental health apps or audios

<https://www.nhs.uk/apps-library/category/mental-health/>



## **Be Mindful**

[An online course to help reduce stress and anxiety using mindfulness-based cognitive therapy](#)

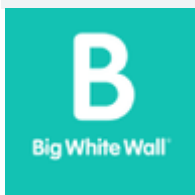
**£30.00**



## **Beat Panic**

[Overcome panic attacks and anxiety wherever you happen to be](#)

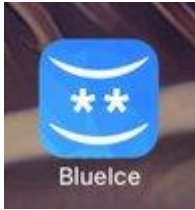
**£0.99**



## **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**



## **Chill Panda**



[Being tested in the NHS](#)

[Use breathing techniques to help you relax more, worry less and feel better](#)

**[Free](#)**



## **Cove**



[Being tested in the NHS](#)

[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



## ieso

Connect confidentially and securely with mental health therapists using instant messaging

Free in some areas



## 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](#)



## **Sleepstation**

[Connect with a team of sleep experts to help you fall asleep or stay asleep through the night](#)

[Free with GP referral](#)



## [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](#)

Mental well being audio guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

## Low mood, sadness and depression

In this 10-minute audio guide, Dr Chris Williams talks you through ways to tackle low mood, sadness and depression.

### Low mood and depression

Dr Chris Williams explains what you can do to help yourself cope with low mood and depression.  
[Play Video](#)

Media last reviewed: 2 March 2018

Media review due: 2 March 2021

## Anxiety control training

In this 6-minute audio guide, Dr Chris Williams introduces how to relax and beat your anxieties, today and in the long term.

### Anxiety control training

Dr Chris Williams explains how you can take control of anxiety.  
[Play Video](#)

Media last reviewed: 2 March 2018

Media review due: 2 March 2021

## Overcoming sleep problems

In this 7-minute audio guide, Dr Chris Williams discusses common barriers to a good night's rest and what you can do to create a perfect sleep environment.

### Sleep problems

Dr Chris Williams explains what you can do to give yourself the best chance of a good night's sleep.  
[Play Video](#)

Media last reviewed: 2 March 2018

Media review due: 2 March 2021

## Low confidence and assertiveness

In this 8-minute audio guide, Dr Chris Williams discusses how to deal with a lack of confidence and build assertiveness.

### **Low confidence and assertiveness**

Dr Chris Williams gives you tips to help build your confidence.

[Play Video](#)

Media last reviewed: 2 March 2018

Media review due: 2 March 2021

## **Unhelpful thinking**

In this 8-minute audio guide, Dr Chris Williams offers simple tips on how to avoid unhelpful thinking that brings us down.

### **Unhelpful thinking**

Dr Chris Williams helps you to replace negative thoughts with more positive thinking.

[Play Video](#)

Media last reviewed: 2 March 2018