

Telephone "Apps" useful for mental health conditions

Name of App	Conditions/Needs									Availability				
	Mood	Anxiety	Suicide	Sleep	Motivation	Addiction	Self Harm	Memory	Techniques	Google Play	Itune Apps Store	Andriod Suitable	Iphone Suitable	Cost
ARC Edinburgh					✓	✓			Diary/Quotes, Support services, Mindfulness	✓	✓	✓	✓	Free
Bellybio		✓							Deep breathing bio feed back		✓		✓	Free
Brain it on	✓	✓					✓		Distraction puzzles	✓	✓	✓	✓	Free
Brain Yoga	✓	✓					✓		Distraction puzzles	✓	✓	✓	✓	Free
Calm	✓	✓		✓		✓			Meditation, Relaxation, Music, Quotes	✓	✓			Free trial.
Calm Harm							✓		Managing urges and time countdowns	✓	✓	✓	✓	Free
CBT-i coach				✓					Sleep diary, Winding down mind, CBT	✓	✓	✓		Free
DBT diary card & skills coach	✓	✓							Suitable for people who have a knowledge of the DBT approach.		✓		✓	£5
DBT 112	✓	✓		✓	✓				DBT skills - distress tolerance skills	✓		✓		Free
Depression CBT Self	✓	✓			✓				CBT, meditations	✓		✓		Free
Fabulous					✓				Health, education, alarm, yoga	✓	✓	✓	✓	Free
Feeling Good	✓	✓							Mindful relaxation, managing positive vision	✓	✓	✓	✓	Free
Happify	✓	✓							CBT, Relaxation, Mindfulness	✓	✓	✓	✓	Free trial.
Headspace - meditation		✓				✓			Guided Meditation	✓	✓	✓		Free trial.
MEDTep DBT	✓	✓	✓		✓	✓			DBT - Crisis planning, Urges Information, information skills recording	✓	✓	✓		Free
Mindfulness: Art of Being (L)	✓	✓			✓				Education 8 day challenge & guided technique	✓	✓	✓		Free
Mind Games							✓		Calculation/Reaction exercises	✓	✓	✓	✓	Free
MindShift	✓	✓							CBT, Breathing	✓	✓	✓		Free

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Operation reachout			✓						Videos/contact numbers	✓	✓	✓		Free
Pacifica		✓							CBT, Mindfulness, Record, Tracking		✓			Basic app free.
PTSD Coach	✓	✓							PTSD information, mindfulness breathing		✓		✓	Free
PTSD free	✓	✓							Thought stopping and medication	✓				Free
Puzzle my mind	✓	✓						✓	Distraction puzzles	✓		✓		Free
Rainsound - sleep & relax				✓					Relaxation	✓	✓	✓		Free
Self Help Anxiety Management (SAM)		✓			✓				Relaxation exercises, Calm breathing, CBT	✓	✓	✓	✓	Free
Simply Being	✓	✓							Relaxation, guided meditation, mindfulness	✓	✓	✓	✓	£1.55
Stay alive			✓		✓				Safety plan/resource numbers	✓	✓	✓	✓	Free
Stop Panic & Anxiety		✓							Diary, audios, slides, CBT		✓	✓		Free
The Worry Box	✓	✓							Access to problem solving, mindfulness visualisation	✓		✓		Free
Toxic Thinking	✓	✓							Access to thought reframing		✓	✓	✓	Free
U-turn Opiate Overdose						✓			Text, interactive Audio/Video	✓	✓	✓	✓	Free
Virtual Hope Box	✓	✓							Distraction puzzles, relaxation, guided meditation, breathing, coping cards	✓	✓	✓		Free
What's Up	✓	✓				✓			CBT	✓		✓		Free
Worry Knot	✓	✓							CBT	✓		✓		Free

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Disclaimer: These apps have been briefly researched by MHIS staff and are known to use approaches backed by research approved by the NHS. However, inclusion of "apps" in this list should not be considered as an NHS endorsement of the product. Moreover mental health apps are a relatively new technological approach that has itself only anecdotal recommendations.

Emotional Challenges: As with all self-help approaches, the user must take responsibility for their care and recognise that intentions to make changes can bring up new emotional challenges. This should not be a deterrent particularly if the user has support to ride these storms.

Costs: We are also aware that although many of these apps are free; some offer only an initial free trial before requiring a membership subscription. A useful small number do cost money before they can be downloaded to your phone.

Data Protection: Some Apps may also ask for access to information that you may have stored in your tablet or phone.

Suitability: Ticks in the boxes above indicate which app is for a particular condition but they may be useful in other areas.

Terms Explained

CBT = Cognitive behavioural therapy is a talking therapy that can help you manage your problems by changing the way you think and behave. It's most commonly used to treat anxiety and depression, but can be useful for other mental and physical health problems.

DBT = Dialectical behavior therapy is a specific type of cognitive-behavioral psychotherapy developed to help better treat borderline personality disorder and extremes of emotions.