

# Mental Health and Wellbeing Apps

<b>Headspace</b>	Possibly one of the most popular apps for mindfulness. It offers 10 free sessions that you can use over and over. If you wish to continue and progress with your mindfulness practice there is a one-year membership for £70, giving you access to hundreds of themed, guided meditations and mindfulness exercises although they often have price reduction offers.
<b>Elefriends</b>	A great free app from Mind, the mental health charity. This app features a 'news feed' style interactive main page where you can comment, read, or share your own thoughts and feelings with other like-minded users. There is also a private message facility.
<b>What's Up?</b>	This free app is chock full of tools to enable you to manage anxiety and calm an anxious mind and body, as well as objective help and advice on subjects such as anger, depression, self-esteem and stress. There is also an area to keep track of moods and new habits as you make them.
<b>Smiling Mind</b>	'Check in with yourself' with this comprehensive app from Oz, which enables you to track your mood along with hundreds of targeted mindfulness practices for young and old alike. Oh yes, and it's free!
<b>MyPossibleSelf</b>	If interacting with humans is not your thing, MyPossibleSelf might be for you. Bloop the assistant bot guides you through a free, and rather in depth eight week cognitive behavioral therapy based course. MyPossibleSelf offers the potential to help you work through your issues in the format of a text conversation.
<b>Aura</b>	This AI driven app has the option to subscribe and unlock a wealth of personalised mindfulness exercises. From improving mood to lessening anxiety, Aura's narrators have

	a dignified sense of calm and the app has an outstanding amount of choice in the paid version.
<b>Calm</b>	Another great mindfulness app which you can access both paid and unpaid. A vast amount of exercises and options to choose from for all levels of ability. There is also a handy sound setting option where you can adjust the background volume or turn it off if you prefer.
<b>MindShift CBT</b>	This app is aimed at Young adults, older teens or anyone new to managing their anxiety. Using a comprehensive mix of CBT tools and interventions to retrain the mind, there is also a space to log the new changes and to do behavioural and mind 'experiments'
<b>Catch it</b>	Endorsed by the NHS, this free app promises to be a helpfully concise addition to the mental health app scene. It gives the user the opportunity to log their mood, check the mood and ultimately change their mood. There are options for depression, anxiety, anger, relaxation, confusion and happiness using CBT.
<b>Action For Happiness</b>	If you can't commit to either the investment of time or cash, Action For Happiness may be for you. It offers a 'newsfeed' of positive affirmations, memes and scientifically proven small daily tasks to improve your mood and sense of well being. There is also a 'comment' section under each post to share your successes with other users!
<b>Chill Panda</b>	A very gentle free app for everyone. The app focuses on a game in which you navigate a panda around a virtual world. The app uses your phone's camera to take your heart rate, and with both breathing and yoga stretching and gentle exercise, this simple app really does live up to its name.