












APPS THAT SUPPORT MENTAL HEALTH





Many people with mental health problems find apps useful when it comes to managing their mental health. We consider these to be some of the most helpful FREE apps that will give you the opportunity to seek additional guidance and learn new skills. Some of the apps are accessed free as an NHS staff member.

(intranet > staffroom > staff health and well being > intranet apps)

	App name	Description of contents	
	BEAT PANIC	Beat Panic is designed to guide people through a panic attack or raised anxiety using their phone.	
	BIG WHITE WALL	Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or oneto-one therapy with therapists	
	CALM	Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.	
	CATCH IT	Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.	

	<p>CHILL PANDA</p>	<p>Learn to relax, manage your worries, and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.</p>	
	<p>DAYLIGHT</p>	<p>Daylight is an app that will teach you ways to manage worry and anxiety in your life. Through cognitive behavioural therapy (CBT) techniques Daylight offers audio-led guidance tailored to your unique problematic thoughts, behaviours, and responses to worry and anxiety. The programme introduces you to a range of techniques and guides you through daily practice sessions.</p> <p>6 Anxiety types are identified i) Worried and Nervous ii) Second guessing and hesitant iii) Never satisfied and always exhausted iv) Overworked and overwhelmed v) Worried and expecting the worse vi) Self protective and distressed.</p> <p>Sessions are structured around</p> <ul style="list-style-type: none"> • Learn how to relax – tense and release muscle exercises. • Control your worry – Learning how to postpone worry to a specific time and place. • Tackle unhelpful thoughts – how to use a thought challenger • Address your fears – worry exposure. 	<p><i>Access free as NHS staff member via intranet</i></p>
	<p>ELEFRIENDS</p>	<p>Elefriends is a supportive online community from the mental health charity Mind. Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.</p>	

	FEELING GOOD	<p>Staff can access the full app which uses relaxation and CBT to help improve positive feelings, self esteem and self confidence. There are 12 tracks in total and each track lasts 20 mins. This app originates from the Foundation for Positive Mental Health.</p>	
	HEAD SPACE	<p>Access the full Headspace Plus library which houses 1,000+ hours of guided meditations across topics such as stress, sleep, commuting, imposter syndrome, parenting, kids, and much more, as well as eyes-open exercises, workouts and sleep content. Many different contexts are considered and different formats so that the user is highly likely to find some form of tuition, exercise or meditation to suit their specific needs.</p>	
	HEART MANUAL RELAXATION	<p>Staff can access ten different guided relaxation techniques to help learn to relax and let go of tension in both body and mind.</p>	<p><i>Access free as NHS staff member via intranet</i></p>
	LIBERATE MEDITATION	<p>Liberate Meditation offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community. The app aims to help reduce anxiety, alleviate stress and promote rest.</p>	<p><i>Access free as NHS staff member via intranet</i></p>

	MIND SHIFT	<p>Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. It can encourage you to take charge of your life, ride out intense emotions, and face challenging situations</p>	
	SAM	<p>SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time and learn 25 different self-help techniques.</p>	
	SILVER CLOUD	<p>This treatment platform is currently available for clinical referral for long term conditions, staff of all ages, can now access this via self referral. There are 4 programmes available; Covid19, Resilience, Stress and Sleep. Access code NHS2020. There are six to seven modules within each programme that can be completed at any time and at any pace. There are text, video and audio clips within each module.</p>	<p><i>Access free as NHS staff member via intranet</i></p>
	SLEEPIO	<p>Sleepio is a highly personalised, digital sleep improvement programme based on cognitive behavioural therapy (CBT), that gets to the root of stubborn poor sleep. It is focussed around 3 areas of i) Increasing sleep drive/resetting sleep schedule ii) Stimulus control and iii) Optimising the sleep environment.</p> <p>Sleepio users interact with a virtual sleep expert, who teaches them evidence-based skills via 6 weekly video 20 mins sessions. This is automated but tailored based on answers to questions at the beginning about sleep, which provides users with a sleep score. Sleepio is backed by clinical evidence,</p>	<p><i>Access free as NHS staff member via intranet</i></p>

		including 12 published RCTs and 37 published papers.	
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