



20 best apps for mental health

HEADSPACE  Guided meditations and mindfulness for stress, sleep, and focus.	CHILLPANDA  Learn skills to help regulate emotions including calming games.	MOVEMOOD  Helps you take positive actions to boost your mood	SORTED  Develop your organisation and motivational skills
RECOVERY RECORD  Support for eating disorder recovery	MOODTOOLS  NHS approved app to support recovery from low mood	STAY ALIVE  Support for anyone with suicidal or self-harm thoughts	CALMHARM  An app to help with self-harm or coping with strong emotions.
FABULOUS  Create healthy habits and routines	MINDSHIFT CBT  Helps you challenge worry and build confidence.	MOLEHILL MOUNTAIN  Supporting autistic people to self-manage anxiety.	CLEARFEAR  Reduce anxiety with activities and CBT coping strategies
TELLMI  For young people to share and get support, safely and confidentially	DISTRACT  A mental health app to help you manage self-harm urges safely and positively.	MY POSSIBLE SELF  Create personalised strategies to reduce stress and anxiety	CATCH IT  Learn how to manage and reframe negative thinking.
EATING DISORDER SUPPORT  Recovery tools, meal support, and motivational resources	EQUOO  Build emotional intelligence through gaming adventures	FEARTOOLS  Manage anxiety with relaxation exercises and effective strategies.	INSIGHT TIMER  Free music, meditations, and stories to help you relax or get a better night's sleep.