





Digital mental health support for young people- useful websites and apps



Platform	Cost	Description & Features
Young Minds- https://youngminds.org.uk	Free	Resources library is full of useful toolkits, publications, reports and policy information about children and young people's mental health.
Mood Juice- www.moodjuice.scot.nhs.uk	Free	mental health self-help materials and resources
Centre for clinical interventions= CCI http://www.cci.health.wa.gov.au	Free	useful resources, information and self-help material about different mental health conditions
Papyrus/ hopeline UK- https://www.papyrus-uk.org	Free	Provide a national helpline, including text and email services, staffed by a team of mental health professionals who provide practical help and advice to vulnerable young people and to those concerned about any young person who may be at risk of suicide.
Big White Wall  www.bigwhitewall.com	Free in some areas via NHS mental healthcare services. Or individuals can subscribe for £9.99 p/month	Online support networks, guided support groups, self-help programmes and live therapy for anyone age 16+.
Xenzone Counselling  Quell – adult's online service https://xenzone.com/qwell/ Kooth – young people's online service https://xenzone.com/kooth/	Free in some areas if commissioned by local NHS mental healthcare provider.	Early intervention, online counselling and emotional well-being services for adults and young people transitioning into adulthood.
Talk Life  https://talklife.co/what-is-talklife/	Free	Online peer to peer support network for people age 16+ struggling with their mental health to receive and give support in a safe community.

<p>Silver Cloud</p>  <p>https://www.silvercloudhealth.com/about</p>	<p>Contact local NHS mental healthcare provider to see if SilverCloud available in area</p>	<p>Online structured programs for a range of mental health difficulties including stress, depression, anxiety and chronic illness.</p>
<p>Sleepio</p>  <p>https://www.sleepio.com</p>	<p>Contact local NHS mental healthcare provider to see if Sleepio available in area. Or individuals can purchase a subscription (£400 for 1 year unlimited access)</p>	<p>Online CBT-based programme that helps people overcome sleep problems, e.g.: insomnia.</p>


Mental health Apps:

Stress & Anxiety



App	Cost	Description & Features
<p>Self-help for Anxiety Management (SAM)</p> 	<p>Free (iOS & Android)</p>	<p>A simple app that offers a range of self-help tools to help people learn how to manage anxiety. Tools are based on CBT techniques – include psycho-education, relaxation, monitoring diaries. App also has a closed online forum for app users to connect with each other. Recommend for people experiencing mild – moderate stress or general anxiety. Recommend using as an adjunct to having CBT or for self management during & post therapy.</p>
<p>Pacifica</p> 	<p>Free (iOS & Android) (has within app purchases)</p>	<p>A straightforward app that enables users to track their mood and health behaviours (sleep, diet, alcohol) over time, set daily goals, record thoughts, access relaxation exercises and connect with others in groups centred around different problems. Some CBT techniques. Recommend for people experiencing mild – moderate stress, anxiety or low mood. Recommend using as an adjunct to having CBT or for self management during & post therapy.</p>

<p>What's Up</p> 	<p>Free (iOS & Android)</p>	<p>A comprehensive app that uses CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress. Includes thinking styles, thought diaries, metaphors, breathing exercises, goal setting and a community forum. Recommend for people experiencing mild to moderate general anxiety, worry and/or low mood. Useful for distraction from rumination.</p>
<p>Mind Shift</p> 	<p>Free (iOS & Android)</p>	<p>Aims to help teens and young adults cope with stress and anxiety. Gives information about symptoms of anxiety. Offers strategies to manage worry, panic, conflict, anxiety – including social anxiety and perfectionism. Also contains relaxation exercises. Useful for during and after therapy.</p>

Worry Management


App	Cost	Description & Features
<p>ReachOut Worry Time</p> 	<p>Free (iOS & Android)</p>	<p>A user-friendly app for people who are experiencing difficulties with worry. Provides self help exercises to help users schedule a time to worry, to improve awareness of thought patterns and let go of unhelpful worries. App uses CBT-based techniques. Recommend to use as tool during CBT or self-management post therapy.</p>

Depression & Low Mood


App	Cost	Description & Features
<p>Catch It</p> 	<p>Free (iOS & Android)</p>	<p>A user-friendly CBT-based app for people experiencing mild to moderate depression. Enables users to learn how to notice feelings, rate emotions, and monitor & challenge thoughts. Emphasis is on thought challenging techniques. App has a personal pin code for users. Recommend as useful to complement therapy at start of CBT, and for self management during & post therapy.</p>
<p>What's Up</p> 	<p>Free (iOS & Android)</p>	<p>A comprehensive app that uses CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress. Includes thinking styles, thought diaries, metaphors, breathing exercises, goal setting and a community</p>

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Sleep


App	Cost	Description & Features
CBT-I Coach 	Free (iOS & Android)	A CBT-based app designed to help users to make practical changes to manage and improve sleep. Provides psycho-education on sleep, a sleep diary to monitor sleep patterns, how to use sleep restriction, as well as relaxation and thought balancing techniques. Recommend for standalone use supported by a therapist, or self-management during and post CBT work for insomnia.

Alcohol Management


App	Cost	Description & Features
DrinkAware 	Free (iOS & Android)	A helpful app that enables users to set goals and make practical changes around alcohol consumption. Has an alcohol diary where users can track alcohol use & calculate money spent on alcohol. Users can set goals and learn about risks associated with heavy drinking and health benefits of reducing alcohol use. Suitable for ages 18+

Mindfulness & Relaxation


App	Cost	Description & Features
Stop, Breathe & Think 	Free (iOS & Android)	A straightforward app that provides short mindfulness and meditation exercises with good graphics. User can choose different audios depending on mood, and rate mood before and after. Recommend for anyone experiencing mild to moderate stress, anxiety or low mood.
Headspace 	Free (10 mindfulness exercises) (iOS & Android) (has within app purchases)	A user-friendly app for mindfulness. Offers 10 free mindfulness exercises with audio and excellent graphics. Advanced exercises require subscription fee. Sessions fit into everyday life, and app offers reminders and a personal progress page. Recommend for anyone experiencing mild

		to moderate stress, anxiety or low mood.
Calm 	Free (iOS & Android) (has within app purchases)	A user-friendly app that provides guided audio meditation, relaxation and mindfulness tracks & exercises. App opens with view of sea and sound of waves. Suitable for people experiencing stress, worry, mild anxiety or low mood.

Self Harm

App	Cost	Description & Features
Calm Harm 	Free (iOS & Android)	<p>A straightforward app that provides tasks and distractions tailored to the individual user to manage the urge to self-harm. It is private and password protected. Recommend for use in therapy or self-management of mild-moderate self-harm.</p> <p>Calm Harm app won the Digital Innovation award at National Positive Practice awards 2016 and was a finalist in the AXA PPP Health Tech and You awards 2017.</p>

Eating Disorders

App	Cost	Description & Features
Recovery Record 	Free (iOS & Android)	<p>A CBT-based app for eating disorders. Enables users to record meals, thoughts & feelings; create customisable meal plans and personal goals. Can track progress through questionnaires. Has a virtual rewards system, gives personal reminders, and user can link up to a clinician and community that can offer real-time feedback and support. Recommend for use during therapy and self-management post-therapy. Knowledge of CBT helpful for using this app.</p>


Suicide Prevention

App	Cost	Description & Features
Stay Alive	Free (iOS & Android)	Helpful and informative app that offers help and support to people who are feeling suicidal and to




		people concerned about someone else. Enables users to create a safety plan. Includes information and strategies for staying safe. A 'LifeBox' to which the user can upload photos from their phone reminding them of their reasons to stay alive. Provides links to other support services and a location-enabled function to show the user support services in their vicinity. Recommend for use supported by a therapist or GP, or self-management.
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PTSD

App	Cost	Description & Features
PTSD Coach 	Free (iOS & Android)	<p>An easy to use app aimed at helping users understand and manage PTSD symptoms. Provides accurate, evidence-based information on PTSD. Users can monitor and assess symptoms, learn techniques and exercises to reduce strong emotions and promote self-soothing.</p> <p><u>Note:</u> app is designed specifically for American military veterans so some references and links not applicable to all.</p> <p>Recommend use for people with PTSD symptoms, in phase 1 or 2 of trauma focused CBT work.</p>

General

App	Cost	Description & Features
Self Help 	Free (iOS & Android)	<p>Self Help app from Northumberland, Tyne & Wear NHS FT gives users access to online versions of 23 helpful mental health self-help guides. Mental health difficulties covered include: anxiety, panic, OCD, depression, anger, sleeping problems, abuse, domestic violence, alcohol misuse, bereavement, self-harm, health anxiety and stress. Self-help guides largely CBT-based. Recommend for standalone use before or after therapy, or as a tool during therapy to support/guide treatment.</p>