

Apps for Wellbeing



Couch to 5K Designed to take total beginners from walking to running for 30 minutes in just 9 weeks. Free.



Relax Melodies Relaxation & sleep app. Fee to install but contains adverts & in-app purchases. On google play & App store



Mindfulness Based Approaches NHS GGC. Free from App store for ios devices



WYSA Aimed at young people. Adults also found useful. Used in the NHS and covered by BBC May 2018. Tools & techniques for a range of issues <https://www.wysa.io/>



Catch it - Make sense of Moods Joint project - Universities of Liverpool & Manchester. Aims to help users better understand their moods through use of an ongoing diary. Free - App Store & google play <https://apps.beta.nhs.uk/catch-it>



Be Mindful
Online Mindfulness Course

Mindfulness courses online. Cost for registration

<https://bemindful.co.uk/nhs-and-workplace/> from Mental Health Foundation



Mindshift - tracking & managing anxiety

<https://play.google.com/store/apps/details?id=com.bstro.Mindshift&hl=en> GB



Pzizz – sleep, nap, focus, meditations From NHS apps library

<https://apps.beta.nhs.uk/pzizz/>



For Meditation & Sleep. Apple App, cost <https://www.calm.com/>

From <https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/> NHSGGC and App store.
<https://apps.beta.nhs.uk/my-health-fabric/> Checked 2018



text **shout to 85258** for support in a crisis <https://www.giveusashout.org/> For emergencies tel 999



Patient Access App - Ask your doctor/GP surgery if you can use this app to book and manage appointments at your GP surgery. You may need to get an ID number from them

<https://play.google.com/store/apps/details?id=com.nhs.online.nhsonline>



Stress Free App from Thrive Therapeutic

<https://www.brothersinarmsscotland.co.uk/apps/brothers-thrive/>

WORRINOTS App <https://www.brothersinarmsscotland.co.uk/apps/worrinots/>

Stay Alive App – Suicide Prevention App aimed at men

<https://play.google.com/store/apps/details?id=uk.org.suicideprevention.stayalive>

NHS UK List of apps for wellbeing

<https://www.nhs.uk/apps-library/category/mental-health/>