

# Mental Health Apps and Websites



**SafeSpot** - This is a good one for coping skills, relaxation and distraction techniques. NHS



**In Hand App**



**Relax**- The App teaches relaxation techniques, which have helped with ME, Pain control, insomnia, post-traumatic stress disorder and many other stress symptoms.



**Optimism** - A mood charting app that helps you develop strategies for managing depression, bipolar or other mental health conditions.



**Smiling Mind**- Meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere and every day. Has different applications for differ age groups



**MindShift** - App designed to help teens and young adults cope with anxiety



**WellMind** - App for mental health and wellbeing



**Pacifica** - An app that can help with Anxiety, stress and depression which includes Mindfulness and aspects of CBT



**SAM**- Self Help for Anxiety Management



**Headspace**- Mindfulness Techniques including free Mindfulness guided sessions.

Some other online resources for yp:

- [www.kooth.com](http://www.kooth.com) - Online support for young people
- [www.aymind.com](http://www.aymind.com) (2015) Resources for Young People
- [www.speepio.com](http://www.speepio.com) - A website that helps with sleeping issues
- NHS Choices Mental Health Apps Library (2015)
- 6. NHS Choices, Young People and Mental Health (2015) Youth Mental Health  
<http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>



[www.time-to-change.org.uk](http://www.time-to-change.org.uk)



[www.youngminds.org.uk](http://www.youngminds.org.uk)



By Kate Gallagher

Mental Health Professional



