Apps for
Mental Health

MHM WALES

What's up is an amazing free app that uses Cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues. Try it out for yourself.

Mind Shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.

SAM (SELF HELP FOR ANXIETY MANAGEMENT) 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. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.

CBT Thought Record Diary The centrepiece of cognitive-behavioural therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyse flaws in your thinking, and re-evaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.

WORRY TIME Do you find yourself worrying a lot? Do you have many worries in your head at once? Or do you repeatedly worry throughout the day? You might like to try Worry Time – an app specifically designed to help with a busy mind. Learn to set aside your worries until a later time and get on with your day. You can then deal with them at your convenience and, with enough practice, learn to let go of worries altogether.

BREATHE helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch. Research shows that slowing your heart rate can increase feelings of calmness in your body. Using simple visuals, Breathe helps you to control your breath and measures your heart rate in real-time using the camera in your phone. This means that you can actively address the onset of physical stress symptoms such as shortness of breath, increased heart rate and a tightening of the chest.

Happify Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. The best part? Its free!

MoodTools aims to support people with clinical depression by aiding the path to recovery. Discover helpful videos that can improve your mood and behaviour, log and analyse your thoughts using Cognitive Behavioural Therapy (CBT) principles, develop a suicide safety plan and more with this free app.

SELF HARM APPS

CALM HARM is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence based therapy called Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.

notOK is a free app developed by a struggling teenager (and her teen brother) for teenagers. The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: "Hey, I'm not OK! Please call, text, or come find me."

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EATING DISORDER APPS

Recovery Record is a great app for anyone recovering from an eating disorder and wanting to develop a more positive body image. Keep a record of the meals you eat and how they make you feel using the app and complete questionnaires that'll help you track your progress over time. One user calls Recovery Record a "remarkable recovery tool"; "It helps me stick to my meal plan, provides an outlet to vent about my food concerns and helps me stay intact with my body to work with it rather than against."

Rise Up and Recover is a unique app as it not only allows you to track your meals and how you feel when you eat them, but you can also transcribe your progress into a PDF printout. Pull up the Rise + Recover app on your mobile when you feel the urge to binge or skip a meal, and need quick coping strategies.

OCD APPS

NOCD was designed with the help of OCD specialists and patients to incorporate two treatments: mindfulness and Exposure Response Prevention Treatment. You can receive immediate, clinically-supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way. One user calls nOCD "a free therapist in your pocket!"

GG OCD aims to improve OCD symptoms by increasing the user's awareness of negative thoughts and training the brain to push those aside to embrace a more positive outset. The app takes the users through various levels, each consisting of short games around a specific theme. From how to automatically replace negative self-talk with positive thoughts, to belief in change, building self-esteem and more, this app takes its user on a journey towards a healthier thinking pattern.

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PTSD APPS

PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What's great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music.

Breathe2Relax Sometimes you just need to breathe and remind yourself you are okay. Breathe2Relax is made for just that. This app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax works by decreasing the body's 'fight-or-flight' stress response, making it a great option for people suffering from PTSD.

SCHIZOPHRENIA APPS

UCSF PRIME Schizophrenia patients are prone to social isolation even when their condition is treated. The PRIME app, created by psychiatry professor Danielle Shlosser, connects people with schizophrenia to their peers through a social network style interface. It also lets users track "challenge goals," things they'd like to accomplish or improve about themselves.

HELP TO QUIT

QUIT THAT is a completely free app that helps users beat their habits or addictions. Whether you're looking to stop drinking alcohol, quit smoking, or stop taking drugs, it's the perfect recovery tool to track and monitor your progress. Track as many vices as you want and find out how many minutes, hours, days, weeks, or years it's been since you quit.