

HEALTH AND WELLBEING APPS

some apps may charge or contain in-app purchases

GMMH Orcha Health

App finder which has evaluated apps for data privacy, clinical assurance and user experience.

<https://gmmh.orchaco.uk/>

NHS Apps Library

Find apps and online tools to help manage your health and wellbeing

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

One You

Recommended free apps to support your health and wellbeing

<https://www.nhs.uk/oneyou/apps/>

Calm Harm

Provides tasks to help resist or manage the urge to self-harm.

Catch It

Helps to understand moods better through use of an ongoing diary. For anyone who struggles with feelings like anxiety, depression, anger and confusion.

eQuoo

Emotional fitness game designed by psychologists with tips on how to communicate more effectively and maintain mental wellbeing.

Headspace

Guided meditation and mindfulness app.

Sleepio

Designed to help with sleep problems and personalises program to you. To be used with account created on the website.

Thrive

An evidence-based app to prevent and manage stress, anxiety, and related conditions.

Wysa

Free therapy chatbot for mental wellness, mood management and anxiety relief.