

Moving Forwards Your Next Steps

Mental Health Apps

May 2017



Your partner in
care & improvement 



Top Free Mental Health Apps

iCope have devised a list of recommended free mental health apps. Recommendations come from iCope clinicians, online app reviews, published studies and feedback from iCope service users.

You may find these apps helpful in your recovery journey and can use them to build on the progress you have made in therapy.

A full list of all recommended apps are available via our website: www.icope.nhs.uk

Disclaimer: Note that these apps are developed by third parties. As such, iCope as part of Camden & Islington NHS Foundation Trust take no responsibility for managing the security of your data whilst using these apps.

Apps to help with stress & anxiety

Stress & Anxiety Companion

Free (iOS only)

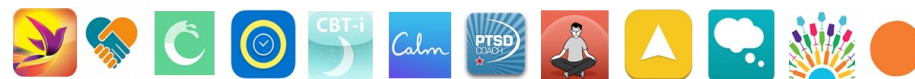
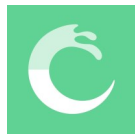
A user-friendly CBT-based app that enables users to learn about CBT, record and challenge thoughts, create personal flashcards and access relaxation & mindfulness exercises. Recommend for people experiencing mild – moderate anxiety or stress. Recommend to use as an adjunct to having CBT or for self management during & post therapy.



Pacificia

Free (iOS & Android)

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 to use as an adjunct to having CBT or for self management during & post therapy.



Apps to help with suicide prevention

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.

Apps to help with post traumatic stress disorder

PTSD Coach

Free (iOS & Android)



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. **Note:** app is designed specifically for American military veterans so some references and links not applicable to all.

Recommend use for people with PTSD symptoms, in phase 1 or 2 of trauma focused CBT work.

Apps to help with eating disorders

Recovery Record

Free (iOS & Android)



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 as 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 app.





Apps to help with mindfulness & relaxation

Stop, Breathe, Think

Free (iOS & Android)



A straight forward 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)



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)



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 or mild anxiety or low mood.



Apps to help with worry management

Reach Out Worry Time

Free (iOS & Android)



A user-friendly app for people who are experiencing difficulties with worry. It enables users to try to reduce disruptive worries. 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 an adjunct to having CBT or for self management during & post therapy.

Apps to help with depression & low mood

Catch It

Free (iOS & Android)



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.

Apps to help with sleep

CBT-i

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.

Apps to help with alcohol management

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+

