



MIND offer information and advice for a huge range of mental health issues



Calm Harm provides tasks that help you resist or manage the urge to self-harm



Samaritans provide round the clock support by phone, email, or through letters. They are there to listen



Whatever you need to know about coping with stress, anxiety or depression or just the normal emotional ups and downs of life

Heads Above The Waves is a non-profit organisation that raises awareness of depression and self-harm in young people



Headspace is a guided meditation app made simple. It tracks your stats and gives you reminders to help you with your practice



Calm offers guided meditations, sleep stories, breathing programs and relaxing music.



De-stress with this app's guided breathing and meditation exercises that use calming music to promote relaxation.



The Mix offer a free and confidential multi-channel service that provide articles, video and counselling services.



Childline provide confidential help and advice about a wide range of issues.



MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety.



You can use Molehill Mountain to explore the causes and symptoms of anxiety. This app is specifically designed for people with autism.

Youngminds.org.uk Provides information about mental health conditions and support available



Personal Zen is clinically proven to reduce stress by JUST playing a fun game. Playing Personal Zen aims to retrain your brain to lower stress and anxiety



Smiling Mind make mindfulness meditation accessible to all.



This app is designed to make you more mindful and compassionate. It enables you to track your daily progress



What's Up uses interactive games, forums and a thought tracking diary to help people to manage their feelings



Woebot is a free automated conversational agent who helps you monitor your mood and learn about yourself



This app plays you "dreamscapes"—a sleep-optimized mix of music, voiceover, and sound effects that changes each night, to quickly quiet your mind



SAM offers a range of self-help methods for people who are serious about learning to manage their anxiety.