



Well-being Wednesday Mental Health apps

Recommended by the NHS



<https://www.nhs.uk/apps-library/category/mental-health/?page=2>

The NHS has compiled a list of recommended apps for different age groups to help support mental health and well-being. There are four apps with a mini review below, however there are plenty more on the website, each one with a little description to help you choose the one that's right for you.



Catch It

Free

Learn how to manage feelings like [anxiety](#) and [depression](#) with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

This is more of a written journal about current moods and allowing reflection time.

Chill Panda



Being tested in the NHS

Free

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

This one has a 'quick chill' section that helps you reflect on how you are feeling and 'get calm' in 3 sections -chill', 'do' or 'play'. Or a 'game' section, where you can complete tasks and 'quests' that help you to relax. This is more aimed at KS2/3 (or those young at heart).

BE KIND. WORK HARD.



eQuoo: Emotional Fitness Game

Free, with in-app purchases

The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills.

You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.

This one requires all screen time. It is a learning and reflection app. You choose particular responses based on someone else and then it walks you through the reasons behind each one and how you may be able to respond differently to situations to see a better outcome.



Feeling Good: positive mindset

Free, with in-app purchases

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.

Created by a previous family doctor. Some great shorter or longer guides to listen to. There are 'shorts' for mindfulness, relaxation or a confidence boost, or a twelve track 'positive mental training' programme for 'inner strength, confidence and recovery'.