

Useful Mental Health Apps and Websites for Children, Teenagers and Adults

Useful Apps

Calm Harm (Children/teenagers)

Self Harm help
Comfort exercises
Distraction exercises
Release exercises
Breathing exercises

Catch it (Teenagers/adults)

Mood diary
Record your own mood at a specific time of the day and rate it also where you were when you felt like this. What was happening when you felt like this and add what your automatic thoughts were, is there a different way to think about it, rate mood now

Chill Panda (children)

Breathing exercises
Exercise activities
Relaxing games

Digipill

Guided meditation app
Mindfulness, stress, anxiety, sleep and exercises
First is free then cost for extra.

Ginsberg Activity and Mood Diary

It follows simple formula of tracking mood, finding patterns, making changes and monitoring, you can track emotional physical and contextual info

Mindfulness (digipill app)

Audio mindfulness relaxation

Mindshift

Anxiety management app
Anxiety explanation
Record the situations that make you anxious and design your own plan
Rate your anxiety and check your physical symptoms
Thinking exercises
Relaxation tools
General coping strategies

Money Worries? Find the right help in a crisis

Over 200 links and phone numbers to Tayside and National sources of support on money, housing, work and other issues.

Free. For Apple and Android phones and tablets

RCPsych Key Facts App

Mental Health Key Facts, leaflets and podcasts – need internet

Safespot

Helpful directory of services

Stressheads (Teenager/adult)

Mental health information linked to helpful websites

Smilingmind

Mindfulness app

Suicide? Help! App

Useful Tayside and National contacts, information, how to help, create a safety plan.
Free. For Apple and android mobile phones

Virtual Hope Box

Relaxation and meditation, distraction games, inspiring quotes and design coping card/activity planners)

Wellmind

General wellbeing app as well as self help for stress, anxiety and depression
Rate your wellbeing
Self help with stress
Self help with anxiety
Self help with depression

What's up?(Teenagers)

Self help for Anger, Anxiety, Depression, Self Esteem and stress
Mindful breathing and breathing exercises
Grounding exercises
Catastrophic rating scale
Forums
Uplifting quotes
Being in the present exercises
Write positive affirmations about self

PLEASE TURN OVER