

## My Possible Self

My possible Self is an app to help manage anxiety, tackling depression, easing stress, and improving sleep can help you enjoy doing more of the things you love.



## Mind Shift

Mindshift CBT is a free self-help anxiety relief app that can help you reduce worry, stress, and panic by using evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety and develop more effective ways of thinking, be mindful and relax.



## Secret of Happiness

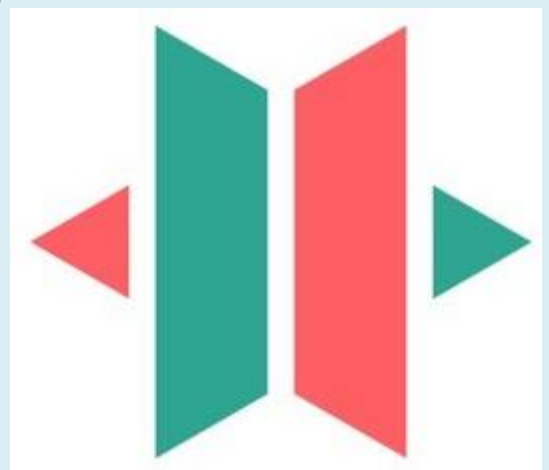
Take the 30-day challenge and discover the secret of happiness. Use a little positivity once you get up in the morning and just before you go to bed at night. Repeating this for 30 days will train your brain into thinking in a more positive way.



## Worry Watch

Built on the foundations of cognitive science, Worry Watch app helps you manage anxiety and mood by using guided anxiety journaling, coping techniques, mood check-ins and positive reinforcement.

Only available on Apple store



# Mood Kit

Mood Kit is a one-of-a-kind app designed to help you apply effective strategies of professional psychology to your everyday life. With Four integrated tools, Mood kit helps you to

- Take action to improve your life
- Feel better by changing how you think
- Rate and chart your mood to monitor progress.



# Balanced

A guided meditation app that tailors each session to you. This can help improve sleep, lower stress, and reduce anxiety.

Each session becomes more unique the more you use it.



# Reasons For Hope

Training to think biblically and to encourage you in your faith!

If you are looking for a place to learn how to think biblically, strengthen your walk with God, then this will help. The app contains different videos that will help answer questions and give you confidence to stand firmly on God's word.



# Penzu

Penzu is the most popular free diary, journal, and notepad. It's the best place to keep your thoughts safe and secure. Sync your journals to Penzu where your notes are accessible from most devices.



## Daylio

Daylio is a versatile app where you can turn it into whatever you need to track. Your fitness goal pal, mental health coach, gratitude diary, mood tracker, anything you need. Good self-care is a key to improved mood and reduced anxiety.



## Insight Timer

An app full of guided meditation with mindfulness experts, neuroscientists, psychologists, and teachers. Contains music tracks from well known artists. Join millions who use this to help calm your mind, reduce anxiety, manage stress, improve sleep and happiness.



## Mood Fit

Exercise can help a lot with mental health. If you are struggling, Mood fit can help you build resilience to keep you motivated. Mood Fit provides a comprehensive set of tools for good mental health and helps you understand what brings you mood up and down.



## Flow Free®

Flow Free® is a simple yet addictive puzzle game. Connecting matching colours with pipe to create a Flow®. Pair all colours and cover the entire board to solve each puzzle.



## Headspace

Headspace is your guide to mindfulness for you everyday life. Learn meditation and mindfulness skills from experts like co founder Andy Puddicombe and develop tools to help you focus, breath, relief stress or help get restful sleep.



## Calm Harm

Calm Harm provides tasks to help you resist or manage the urge to self-harm. The app provides you with four categories of tasks to help you 'surf the urge' which are 'Distract', 'Comfort', 'Express yourself' and 'Release'.





## Breath 2 Relax

Breath2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions on exercises to help users learn the stress management skills called diaphragmatic breathing.



## Smiling Mind

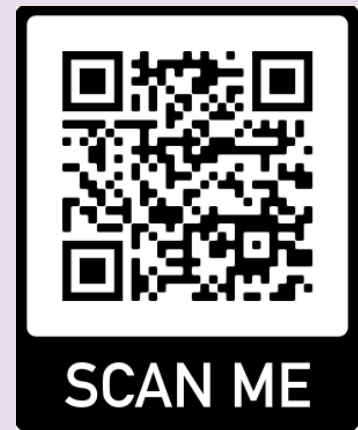
Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. It has a variety of guided meditations and mindfulness exercises. It can also be used through a smart speaker





# Big White Wall

Big White Wall provides safe, anonymous support 24/7 to anyone struggling with a range of mental health issues, or who feels burdened by everyday worries or concerns. Members can share experiences, express themselves in images by making a 'brick' and can access a range of guided support courses on topics including anxiety, depression, and positive thinking.



# Health and Her Menopause

Health and Her menopause app empowers you through your menopause journey by helping you build positive lifestyle habits that put you back in control.



## Sleep Cycle

Sleep better and wake up rested with Sleep Cycle's smart alarm clock. It analyses your sleep patterns and detects snoring, sleep talking, coughing and other sounds. With an alarm clock that will gently wake you up, you will be able to gain a detailed analysis of your sleep pattern from as soon as your head hits the pillow.



## Mood Notes

Mood notes is a super easy tracker and journaling app to capture your mood and help improve your thinking habits. Mood notes empowers you to track your mood overtime, avoid common thinking traps and develop perspectives associated with increased happiness and well-being.



## Panic Shield

Panic Shield is an app that can help if you suffer from panic attacks. The app contains 4 different tools to protect yourself against panic attacks and a panic disorder. The tools look at guiding through different resources, different breathing techniques, and how to train your brain to not be afraid of certain things.



## Pacifica

Pacifica is a health and wellness app with a focus on stress, anxiety, and depression. The app features audio exercises that focus on meditation, deep breathing, and similar activities. Users can access activities that use mindfulness and CBT. Other features include, mood tracker, daily challenges, goal tracking and a health tracker.

