

# Top ten apps for mental health and wellbeing

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These apps offer valuable support for mental health and overall wellbeing. Whether you're looking to manage stress, track your mood, or seek help for specific mental health conditions, these apps provide accessible tools and guidance.

As with any healthcare-related guidance, remember that these apps complement but do not replace professional care when needed.



## Headspace

Headspace is a personal meditation app that teaches you how to meditate and live mindfully. It offers guided meditation sessions and mindfulness exercises to help reduce stress, improve focus, and enhance sleep quality.

The bite-sized guided meditations are perfect for people on the go, or who have busy schedules. You can register for free by [here](#).

- [Download on the App Store](#) (Apple)
- [Download on Google Play](#) (Android)

## Calm

Calm is a relaxation and meditation app that provides guided meditation sessions, sleep stories, relaxing sounds and breathing exercises. It's designed to reduce stress, anxiety, and improve sleep.

- [Download on the App Store](#) (Apple)
- [Download on Google Play](#) (Android)

## My Possible Self

My Possible Self is a mental health app that offers self-help tools, mood tracking, and therapy modules. It's designed to improve emotional wellbeing and reduce symptoms of stress, anxiety, and depression.

- [Download on the App Store](#) (Apple)
- [Download on Google Play](#) (Android)

## 7 Cups: Online Therapy and Chat

7 cups provide free emotional support and counselling from real trained listeners who are available to you 24/7 providing a safe space to talk about your feelings. Also includes a community forum and mindfulness exercises, tools and videos. You can also visit their [website](#).

- [Download from the App Store](#) (Apple)
- [Download on Google Play](#) (Android)

## Wysa

Wysa is an app which includes an AI-powered mental health chatbot that uses AI to react to the emotions you express. It uses research-backed, widely used techniques of cognitive behavioural therapy (CBT), Dialectical behaviour therapy (DBT), and meditation through the chatbot and self-help exercises. It's designed to provide immediate help for anxiety and stress.

- [Download from the App Store](#) (Apple)
- [Download on Google Play](#) (Android)

## Mood Tools - Depression Aid

Mood Tools is an app designed for people who suffer from depression and negative moods. This app contains several research-supported tools: a thought diary to analyse thoughts and identify negative thinking patterns, activities to regain energy, a safety plan in case of suicidal crisis, and depression questionnaires and self-help guides.

- [Download on the App Store](#) (Apple)
- [Download on the Google Play](#) (Android)

## What's Up?

What's Up? is an app to help you cope with depression, anxiety and stress, using CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods. It includes a positive and negative habit tracker to help you maintain good habits and break those that are counterproductive.

- [Download on the App Store](#) (Apple)
- [Download on Google Play](#) (Android)

## Stay Alive

Stay Alive is a mental health and suicide prevention app that provides information, resources, and a safety plan to help individuals in crisis or those supporting someone at risk.

- [Download on the App Store](#) (Apple)
- [Download on Google Play](#) (Android)

## BetterSleep

BetterSleep (formerly Relax Melodies) is a popular sleep and relaxation app that offers a variety of soothing sounds, white noise, and guided meditations to improve sleep quality and reduce anxiety.

- [Download on the App Store](#) (Apple)
- [Download on Google Play](#) (Android)

## MindMate

MindMate has a range of memory aids and tools including memory tests, brain workouts and nutrition and exercise advice for those suffering with Alzheimer's or dementia or those who want to reduce memory loss. The goal is to keep people independent for as long as possible whilst having fun doing it.

[Download on the App Store](#)

## More apps and resources to explore:

- [My House of Memories](#) produced by National Museums of Liverpool is an app that allows you to explore objects from the past and share memories with family, friends and carers. It can be used by anyone, but has been designed for, and with, people living with dementia and their carers.

- [Arts4Dementia](#) provide a useful guide to memory apps and aids to stimulate memory and provide support.
- [Mind Charities Online Resources](#)  
Resources and information provided by Mind, the mental health charity.
- [Online counselling directory](#) A searchable directory of online counselling and therapy.


**Guide updated 9th November 2023**

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