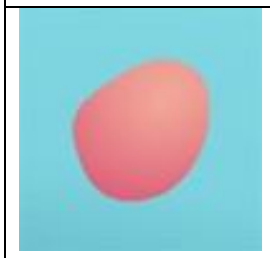
Young Peoples 'Mental Health' Apps Audit (03.09.18)

The following information represents and overview of the current NHS 'approved' Apps available or under review on the NHS website for 'Mental Health'. Further details of these and other apps can be found at (https://apps.beta.nhs.uk/).

NHS 'APPROVED' / 'Being Tested' but available

ICON	NAME / FUNCTION	DESCRIPTION	EVIDENCE BASE & RESEARCH	STATUS	COST
	**COVE** **Mood Journal, Music Therapy.** **Emotion regulation / Emotional Expression**	Users create music to capture their mood and express how they feel. Instead of words, users create music to reflect emotions like joy, sadness, calm and anger. They can store their music in a personal journal, or send them to someone and 'let the music do the talking'. Cove is like a mood journal, except instead of using words to express how they feel, users use music. To create music, users choose from six different moods – calm, struggling, longing, playful, clouded and gentle. Once users have selected their mood, they can easily add and remove different musical effects. They can store their music in a private journal and add personal thoughts and tags.	None available	Currently Being Tested in the NHS Available in app store IOS. Age 4+	Free
	Be Mindful **Mindfulness, MBCBT** **Stress / Anxiety / Depression**	The Be Mindful course is an easy-to-follow web-based training programme that guides users through all the elements of mindfulness-based cognitive therapy. Users complete 10 online sessions lasting 30 minutes each that consist of videos and interactive exercises led by leading mindfulness trainers (4 week course). There are also guided meditation audio downloads, guides on how to practice mindfulness in users daily life and online tools to review their progress.	Website states "Course completers showed" . . .; 58% reduction in anxiety (GAD-7) 40% reduction in stress (PSS) 57% reduction in depression (PHQ-9). 25% decrease in rumination 26% reduction of chronic fatigue 33% improved sleep quality **References:** *Krusche, Adele, Eva Cyhlarova, and J. Mark G. Williams. "Mindfulness online: an evaluation of the feasibility of a web-based mindfulness course for stress, anxiety and depression." BMJ open 3.11 (2013): e003498* *Krusche, A., Cyhlarova, E., King, S., & Williams, J. M. G. (2012). Mindfulness online: a preliminary evaluation of the feasibility of a web-based mindfulness course and the impact on stress. BMJ open, 2(3), e000803*	NHS 'approved'. Web-based application. Accessed through phone, tablet or computer.	£30.00

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	Cypher **Anonymous sharing and support network.**	Cypher (formerly Silent Secret) is an anonymous peer-to-peer social network. Users can; - Anonymously share thoughts & feelings - Post comments, 'hugs', 'hearts' or 'me2s' on what others share. - Instant message others in their support network - Use the 'Get support' function to connect with other support organisations. - Pick a virtual pet that gets happier the more good they do.	None available	Currently being tested by the NHS. Available in App Store on IOS & Android. Age 12+.	Free
	Calm Harm **Distraction, DBT** **Self-Harm Prevention**	Calm Harm is an app designed to help people resist or manage the urge to self-harm. Calm Harm is based on the principles of dialectical behaviour therapy (DBT). The app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way. Marketed as an aid to treatment.	None available. Positive user feedback on Appstore.	NHS 'approved'. Available in the App store. IOS & Android Age 12+	Free
	FearFighter **CBT** **Phobias / Panic / Anxiety**	FearFighter is an online course for people who struggle with phobias, panic or anxiety. Based on cognitive behavioural therapy (CBT). The course is divided into nine sessions. Each session takes about 50 minutes. You are advised to do one session a week. Challenges avoidance behaviors that characterize panic and phobia. The course features videos, exercises, downloadable & printable content and homework. Users encouraged to fill in questionnaires each week to plot their progress.	Only app endorsed by NICE for treating anxiety. Strong RCT evidence-based. Evidence of similar outcomes to clinician input or low level 1:1 CBT. **References;** Bachofen, M; Marks, IM; Mataix-Cols, D; Scheider, AJ. (2005). Internet-guided self-help with or without exposure therapy for phobic and panic disorders, Psychotherapy and Psychosomatics *74(3)*:154-64 Gega, L; Marks, IM; Norman IJ. (2007). Computer-aided vs. tutor-delivered teaching of exposure therapy for phobia/panic: Randomized controlled trial with pre-registration nursing students, International Journal of Nursing Studies 44(3):397-405	NHS 'Approved' Available in App store. IOS & Android	Free on referral in some services Private Purchase: £99 - 179

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	Big White Wall **Online peer support.**	Big White Wall is an online community for people aged 16+ who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. Users can talk anonymously to other members and take part in group or one-to-one therapy with therapists. Members can share experiences, express themselves in images by making a 'brick' in the wall, and access a range of guided group support courses on topics including managing anxiety and depression, positive thinking and problem solving. There is also a range of self-administered clinical tests, guides and tips to improve wellbeing, including articles on self-esteem, sleep, relationships and many more.	Evidence produced by BWW suggests 95% of members 'feel better' after using Big White Wall, and 73% share an issue for the first time. Positive user feedback.	NHS 'approved'. Available on App store IOS & Android Age 16+	Available on referral in some NHS services (Inc. HPFT) £9.99 per month for 6 month private subscription.
	Catch It **CBT** **Low Mood / Depression**	Users learn how to manage feelings like anxiety and depression. App uses cognitive behavioural therapy (CBT) to help users change the way they think and feel about things. Users can record their mood in three steps: 'Catch It' records and rates users' mood. 'Check It' asks users to take a moment to reflect on what they're thinking. 'Change It' asks users to think about a better way of dealing with a problem. Marketed as not being a substitute for professional mental health care.	Research suggests that users tend to use the app repeatedly and 84% of user-generated content was consistent with the basic concepts of CBT. Also demonstrated statistically significant reductions in negative mood intensity and increases in positive mood intensity. **Reference;** Kinderman, P., Hagan, P., King, S., Bowman, J., Chahal, J., Gan, L., ... & Tai, S. (2016). The feasibility and effectiveness of Catch It, an innovative CBT smartphone app. *British Journal of Psychiatry Open*, *2*(3), 204-209.	NHS 'approved'. Available in App Store. IOS and Android 12+	Free

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	Ieso **1:1 CBT**	Ieso is an online course using instant messaging for people with mental health problems. The confidential service puts users in touch with a therapist trained in cognitive behavioural therapy. The therapy is by text so users can review sessions at any time. Users are matched with a therapist who will contact them to introduce themselves and arrange your first appointment. Appointments are either 30 or 60 minutes long and can be scheduled for any time of the day, including evenings and weekends. Length of treatment depends on need. Users have between four and 12 therapy sessions. Therapists deliver cognitive behavioural therapy (CBT) to patients in real-time through written conversation online, using a secure virtual therapy room. Therapy is confidential and discreet, accessible from their computer, tablet or smartphone. This allows flexibility, with appointments able to be scheduled for any time of the day, including evenings and weekends.	Reported by ieso; Nearly 17,000 patients have been treated in 100,000 hours of therapy with the app and evidence that it can reduce treatment time by 50 per cent. A record of delivering better than average recovery rates with fewer missed appointments.	NHS 'approved'. Free for NHS patients in; Buckinghamshire / Cambridge /Camden / Croydon / Dorset / East Riding of Yorkshire / East Sussex / Enfield / Gloucestershire / Hampshire / Lincolnshire / Medway / Merton / Mid Essex / Milton Keynes / Oxford Health Care / Somerset / South Essex / Southampton / Southwark / Surrey / Wandsworth / West Kent / West Sussex	Free
	Stress & Anxiety Companion **CBT, Distraction** **Anxiety**	Stress & Anxiety Companion helps users handle stress and anxiety on-the-go. It provides tools like breathing exercises, relaxing music and games. Goals is to help users change negative thoughts to help them better cope with life's ups and downs.	None available	NHS 'approved'. Available in App store, IOS & Android	Free

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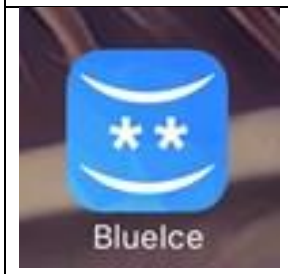
	SilverCloud **CBT** **Anxiety / Depression / Eating Disorders /**	SilverCloud is an online course to help people manage stress, anxiety and depression. Users work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in users own time and at their own pace. SilverCloud uses cognitive behavioural therapy (CBT) to help users change the way they think and feel about things. The therapist check's in about once every two weeks during the course to review users' progress. Users have full access to SilverCloud for one year.	Strong evidence base; Clinically led full randomized control trials (RCT) have demonstrated that SilverCloud Health's programs are extremely effective, engaging with patients and providing positive clinical outcomes that are on par with face to face therapy The SilverCloud Health platform is currently used by over 120 healthcare organizations across North America and Europe.	NHS 'approved'. Downloadable from the website following referral. Android.	Only available on 'referral' Free
	**BlueIce** **Mood diary, Stress reduction techniques** **Self-Harm / Emotional Regulation**	BlueIce is an app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue. Users access a mood wheel to track their mood and add notes on how they're feeling or what they're doing. The app offers a personalised set of activities designed to reduce distress including a music library, photo library, physical activities, relaxation and mindfulness exercises, and spotting and challenging negative thoughts. The app allows users to click on one of three options to either talk to a selected person in your phone contacts, ChildLine or 111.	BlueIce was developed by Paul Stallard from Oxford Health NHS Foundation Trust & co–produced by young people with lived experience of self-harm. After trialling BlueIce for 2 weeks 93% of young people wanted to use it and after 12 weeks 89% wanted to keep it. At the end the 12 week trial there were significant reductions in symptoms of depression and anxiety & 73% of young people who had been self-harming had either stopped or were harming less. **References** Stallard P, Porter J & Grist R (2018). *Acceptability, Use, and Safety of a Mobile Phone App (BlueIce) for Young People Who Self-Harm: Qualitative Study of Service Users' Experience*. JMIR Mental Health 2018; 5(1):e16 Stallard P, Porter J & Grist R (2018). *A Smartphone App (BlueIce) for Young People Who Self-Harm:* Open Phase 1 Pre-Post Trial. JMIR Mhealth Uhealth 2018; 6(1):e32	NHS 'approved'. Available 'on referral' in some NHS services. Download from BlueIce website. IOS & Android	Only available on 'referral' Free

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	Chill Panda **Relaxation** **Anxiety / Stress**	Helps users to relax, manage their worries and improve their wellbeing. The app measures user's heart rate and suggests tasks to suit their state of mind. Tasks include simple breathing techniques and light exercises. Chill Panda uses the camera on a smartphone or other mobile devices to capture users' heart rate (LED light to measure blood flow). Asks users to their mood and encourages them to take part in a variety of playful tasks and activities, including breathing and light exercise.	None available. Website states that research is currently underway. Limited user feedback on the app store.	Currently Being Tested in the NHS Available in the App Store, IOS & Android Age 4+	Free
	Rally Round **Support from carers and family.**	Rally Round is a free and secure online tool that allows parents, other family members, friends and carers to organise support for a child. Enables users to create private online support groups so they can get support from other family members and trusted friends.	None available	NHS 'Approved'. Available on App store, IOS & Android	Free
	Beat Panic **Flash cards, self-soothing.** **Panic, Panic attacks**	The Beat Panic app uses a series of soothing coloured flash cards with messages designed to help users overcome a panic attack in a calm, gentle manner. Users can: • Focus on something else instead of the panic or anxiety • Learn breathing techniques. • Manage the urge to flee • Identify unhelpful thoughts.	None available	NHS 'Approved' Available on App store, IOS Age 12+	£0.99

	Feeling Good **CBT** **Self-esteem, Resilience, Confidence**	Feeling Good uses relaxation, cognitive behavioural therapy (CBT) and resilience building techniques from sport to help improve positive feelings, self-esteem and self-confidence. To get you going, the app offers 4 free audio tracks combining soothing music with gentle coaching. The main offering is the 12-track Positive Mental Training audio programme. The app allows users to set reminders to listen to the tracks, as repeated listening is believed to build resilience and help reinforce the skills learned in the programme.	None currently available. Refers to techniques of Positive Mental Training and associated positive outcomes.	Currently being tested by the NHS. Available on App store IOS & Android. Age 12+	Free
	iPrevail **1:1 counseling support.** **Depression, Anxiety, Distress**	iPrevail is a private chat forum for users to connect with a Trained Peer Counselor. Users can choose from a list of Peer Counselors who offer "kind and respectful support". After an initial assessment, iPrevail will provide you with a treatment programme that fits your needs. Interactive lessons and tools help you understand how to tackle feelings of depression or anxiety, and you can use the app to track your mood and behaviour.	None currently available.	NHS 'Approved' Available on App store, IOS Age 12+	Free Premium - £9.49

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	My Possible Self **CBT, Thought monitoring, Positive Psychology.** **Anxiety, Depression.**	My Possible Self brings together content from a range of sources to support users to learn how to improve their thoughts, feelings and behaviour in an 8 week program. The app has three key aspects. **Modules** Users can access content from the Black Dog Institute; this series of simple learning modules gives you the skills to live a healthier, happier life. Topics include Managing Fear and Anxiety, Managing Stress and Overload, Tackling Unhelpful Thinking, Building Happiness and Wellbeing and Solving Problems. **Moments** Users use an online diary to capture their daily thoughts, feelings and experiences using text, images and emoji. **Tracking** Users can monitor up to three symptoms they are experiencing to better understand their feelings and recognise behaviour patterns.	None currently available. Promotes evidence base of CBT, Positive psychology and interpersonal psychology	Currently being tested by the NHS. Available on App store IOS & Android. Age 18+	Free
	MyCQ **'Brain Training', Memory, Concentration, Achieving goals.** **Low motivation, concentration**	MyCQ describes itself as a 'Cognitive Fitness App'. Users complete a 15 minute test to create a personalised training program. Users are encouraged to spend 15 minutes per day completing the 'Brain Training'. In addition users are provided with resources for healthy eating, sleep hygiene and increasing activity.	None currently available.	NHS 'Approved' Available on App store, IOS Age 4+	Free, with in app purchases. 1 Month Subscription £8.49 1 Year Subscription £79.99

Thrive	**Thrive** **CBT, Mood Diary, Relaxation techniques** **Stress, Low Mood, Anxiety.**	Thrive allows users to track their mood and learn skills to manage stress and anxiety using interactive games. Users also earn relaxation techniques including mediation and breathing exercises and muscle relaxation. Users can use the 'Thought Trainer' to identify and begin to challenge 'negative thoughts'.	Developed with University of Roehampton focused on continuously improving engagement and efficacy.	NHS 'Approved' Available on App store, IOS Age 12+	Free

Young People 'Mental Health' Apps Audit (03.09.18)

The following information represents and overview of the alternative 'Mental Health' apps for young people not currently included within the NHS 'approved' Apps available or under review on the NHS website for 'Mental Health'.

Publically Available Apps (Currently Not 'NHS approved')

ICON	NAME / FUNCTION	DESCRIPTION	EVIDENCE BASE & RESEARCH	STATUS	COST
	Elefriends **Online mental health support community forum. 17+ only.** **Support Network**	Elefriends is marketed as a supportive online community developed by the mental health charity Mind. It is described as a 'safe place to listen, share and be heard. Whether you're feeling good right now, or really low' Users can; - Post updates and catch up with the community feed. - Read and write posts offline. - Share photos directly from your device. - Content is moderated by the 'Ele handlers' from 10am until midnight. https://www.elefriends.org.uk/	None Available	Recommended by 'Mind' Available on App store, IOS & Android (Age 17+)	Free
	#Reasons2 **Online community forum focused on recovery and focused on positivity** **Emotional Regulation**	Reasons2 is a free app designed by Young People and Washington Mind. Marketing as helping improve mental health. Users Can: - Build their own profile of Reasons to feel better. - Upload pictures and images to support recovery. - Be signposted to other websites. - Share information with other users. Developed in partnership with Young People in Sunderland	None Available	Recommended by 'Mind' Available on App store, IOS & Android (Age 13+)	Free

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	Happier **Mindfulness & support network.** **Emotional Regulation**	Happier is mindfulness based positivity app and markets itself as a 'Mindfulness coach' for apple watch. Users Can: - Take a quick meditation pause - Capture 'happy' moments that they notice in their day. - Record a 'gratitude journal'. - Share how they feel - Connect with other Happier users.	None Available	Recommended by 'Mind' Available in the app store Android and IOS Aged 12+	Free (In app purchases).
	Catch It **CBT based mood diary.** **Emotional Regulation**	Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary. The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).	None available	Recommended by 'Mind' Available in the app store for Android or IOS Aged 12+	Free
	Stay Alive **Resources, Signposting & Information.** **Suicide prevention app.**	Stay Alive is marketed as a 'pocket suicide prevention resource, packed full of useful information to help you stay safe' It was developed by the charity 'Grassroots Suicide Prevention'. For users experiencing thoughts of suicide or those concerned about others. Users can: - Create a 'Reasons for living' and 'Life box' of things that are important to them.	None Available	Recommended by 'Mind' Available in the app store on Android or IOS Aged 17+	Free

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	Wellmind **Wellbeing app.** **Stress, Anxiety and Depression.**	Wellmind is designed to help users with stress, anxiety and depression Users Can: - Record their feelings to track moods - Track daily achievements - Add reminders to boost wellbeing. - Access advice and information on stress, depression and anxiety. - Access crises support and national helplines. - Access relaxation audio tracks (PMR). - Play games for distraction.	None available	Recommended by 'Mind' & NHS. Available in the app store on Android and IOS Age 4+	Free
	WhatsUp? **CBT & ACT based skills** **Anxiety, Depression, Anger & Stress.**	WhatsUp? Is from a private developer and based on CBT and ACT skills. Users can: - Access CBT and ACT skills and techniques. - Keep a diary of their thoughts and feelings. - Track positive and negative 'habits'. - Access grounding and breathing exercises. - Access forums to talk with other users.	None available	Recommended by 'Mind' Available in the app store for IOS and Android. Age 4+	Free (in app donations)
	SAM: Self-help for Anxiety Management **Anxiety**	SAM is marketed as an anxiety management app and was designed by a psychology research team at UWE Bristol. Users can: - Access psychoeducation on Anxiety. - Monitor and managing anxiety though self-help exercises - Share experiences anonymously with other on 'Social Cloud'. - Access information in a range of formats.	Qualitative, 'user-feedback' provided by developers. Positive feedback on app store. Ewens, M. and Topham, P. (2014) *UWE: Self-help anxiety management (SAM) app providing life-changing support for students.* Project Report. Jisc South West & Midlands.	Recommended by 'Mind' & NHS Available in the app store for IOS and Android. Age 12+	Free

	Mood Tools **CBT based skills, Thought Diary & PHQ-9, Psychoeducation.** **Depression**	MoodTools is designed to help user's combat depression and alleviate their negative mood. Described as an aid on their road to recovery. The app contains several different research-supported tools. They include: - Thought Diary (CBT Based) - Behavioural Activation - Safety Plan – Users can develop a suicide safety plan. Information on emergency resources during a suicidal crisis - Psychoeducation on self-help - PHQ-9 assessment to track symptoms. - Video – Links to YouTube videos and TED talks for psychoeducation.	None available. Describes tools used within the app as 'evidence-based'. Utilises CBT and Behavioural Activation tools and PHQ-9 questionnaire.	Recommended by 'Mind' Available in the app store for IOS and Android. Age 12+	Free (in app purchases).
	Rise Up **CBT / CBT-E/ Mindfulness based skills, Meal logs.** **Eating Disorders**	Rise Up + Recover is an app for people struggling with food, dieting, exercise and body image. The app is based upon self-monitoring homework. With the Rise Up + Recover app users can: - Log their meals and track emotions and behaviours. - Export PDF summaries of your Meal Log and Check-In to share with your treatment team - Set motivation reminders. - Share motivational and inspirational quotes, images and affirmations within a network. - Access a wide range of resources. - Find support and professional treatment nearby.	Research suggests some small components of each of the apps are loosely based on empirically-supported interventions, however much of the information is not based on CBT-E or other empirically-based principles. **Research;** Juarascio, A. S., Manasse, S. M., Goldstein, S. P., Forman, E. M., & Butryn, M. L. (2015). Review of smartphone applications for the treatment of eating disorders. *European Eating Disorders Review*, *23*(1), 1-11.	Recommended by 'Mind' Available in the app store for IOS and Android. Age 12+	Free

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Recovery Record Recovery Record for Clinicians 	**Recovery Record** **CBT / DBT / ACT * Self-monitoring.** **Eating Disorders / Image and weight concerns.**	**Recovery Record – Eating Disorder App** Recovery Record is designed as a smart companion for managing user's journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder. The app is also intended for people with general eating, weight and shape concerns. With Recovery Record users can: - Keep a record of meals, thoughts & feelings. - Customise meal plans and reminders. - Share your Recovery Record with your treatment team. - Receive and send anonymous encouragement messages from/to 1000s of other people using the App. The app can connect with a 'Clinician App' to allow monitoring and sharing of progress as well as setting homework tasks. **Recovery Record Clinician app** Designed for all treatment settings allowing clinicians to maintain engagement from patients between visits and provide patient data, progress and tools for interventions. Linking the clinician app with the patient's recovery app. Suitable for Psychologists, Dietitians, Nutritionists, Doctors, Psychiatrists, Counselors, and Licensed Clinical Social Workers. Features include; - Customizable for all eating disorders - Sending secure instant messages. - Customise self-monitoring forms. - Set clinical goals, meal plans & review. - Set homework.	Describes itself as 'evidence-based', 'HIPAA compliant' and 'Best Practice'. The website includes a number of professional clinician endorsements. Including the Director of the Stanford University eating disorder program. No current research available however longitudinal research currently being conducted at Stanford University estimated to be completed 2018.	Recommended by 'Mind', Clinician and University endorsement. Available in the app store for IOS and Android. Age 12+	Recover Record for Patients Free Recover Record for Clinicians Monthly subscription. Starter: $8.99 Basic: $19.99 Professional: $49.99

		- Generate printable reports			
	Mindshift **CBT / DBT / ACT * Self-monitoring.** **Anxiety**	Mindshift is an app designed to help teens and young adults cope with anxiety. It is designed to help users learn how to relax, develop more helpful ways of thinking, and identify active steps to take charge of your anxiety. It provides tools for helping manage general anxiety but also specific information and strategies regarding; • Test Anxiety • Perfectionism • Social Anxiety • Performance Anxiety • Worry • Panic • Conflict	None Available	Recommended by 'Mind' and Anxiety BC. Available in the app store for IOS and Android. Age 12+	Free
	Fear Tools **CBT / DBT / ACT * Self-monitoring.** **Anxiety**	FearTools is described as an evidence-based app designed to help user's combat anxiety. It is designed for use with Generalized Anxiety Disorder, Phobias, and Social Anxiety Disorder. The tools included are; - A Thought Diary - Exposure tool - Relaxation techniques - Psychoeducation and information on anxiety. - GAD-7 anxiety questionnaire for symptom tracking. - Links to videos, including YouTube and TED talks for psychoeducation.	Describes itself as an 'Evidence based app' and 'Designed in collaboration with multiple mental health professionals'. No research on app currently available.	Recommended by 'Mind' and Anxiety BC. Available in the app store for IOS and Android. Age 12+	Free

	Mood Gym **CBT & Interpersonal Therapy based** **Depression & Anxiety**	MoodGYM describes itself as an 'interactive self-help book. Designed to help users learn and practice skills to manage depression and anxiety. Users complete four main modules; - Why you feel the way you do - Changing the way you think - Knowing what makes you upset - Assertiveness and interpersonal skills training MoodGym provides short, habit building, self-help exercises that users can complete at any time.	Strong evidence base. Suggesting that MoodGym is effective at reducing depression and anxiety symptoms in adult populations, with some evidence suggesting that it is also effective at reducing general psychological distress. Findings also suggest a number of secondary benefits including reducing harmful alcohol use & suicide risk in high-risk populations and in improving wellbeing in community users. Suggested as a viable option for those who cannot access face-to-face therapy, and those waiting for traditional services. ***Research*** *Twomey, C. and G. O'Reilly (2016), Effectiveness of a freely available computerised cognitive behavioural therapy programme (MoodGYM) for depression: Meta-analysis. Australian and New Zealand Journal of Psychiatry,.* *Guille, C., et a; (2015), Web-based cognitive behavioral therapy intervention for the prevention of suicidal ideation in medical interns: A randomized clinical trial. JAMA Psychiatry.* *Powell, J., et. Al (2013). Effectiveness of a web-based cognitive-behavioral tool to improve mental well-being in the general population: randomized controlled trial. JMIR,, 15(1), e2).* *Twomey, C., et. Al (2014). A randomized controlled trial of the computerized CBT programme, MoodGYM, for public mental health service users waiting for interventions. Br J Clin Psychol.*	Recommended by 'Mind', Strong evidence base. Available from the MoodGym website Age 12+	Free

	SmilingMind **Mindfulness & meditation.** **Wellbeing**	SmilingMind is a meditation app for young people aged 7+. It is designed to help young people de-stress and stay calm. There are tailored programs for different age groups. The app offers programs for; - 7 - 9 yo - 10 - 12 yo - 13 - 15 yo - 16 - 18 yo - Adults - Sport - Mindfulness in the Classroom - Mindfulness in the Workplace	None available	Recommended by YOUNG Minds. Available on IOS & Android Age 7+	Free
	SuperBetter **CBT, Behaviour Activation, Narrative.** **Resilience & Symptom reduction**	SuperBetter is a free web and app based programme created by game designers. Playing SuperBetter helps users build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. SuperBetter is for young people over the age of 13 who want to feel happier, healthier, and more able to reach their goals.	Evidence base in suggesting reduction in symptoms of depression, anxiety and increased self-management ability. **Research** *Roepke, A. M., Jaffee, S. R., Riffle, O. M., McGonigal, J., Broome, R., & Maxwell, B. (2015). Randomized controlled trial of SuperBetter, a smartphone-based/internet-based self-help tool to reduce depressive symptoms. Games for health journal, 4(3), 235-246.* *Firth, J., Torous, J., Nicholas, J., Carney, R., Pratap, A., Rosenbaum, S., & Sarris, J. (2017). The efficacy of smartphone-based mental health interventions for depressive symptoms: a meta-analysis of randomized controlled trials. World Psychiatry, 16(3), 287-298.* *Firth, J., Torous, J., Nicholas, J., Carney, R., Rosenbaum, S., & Sarris, J. (2017). Can smartphone mental health interventions reduce symptoms of anxiety? A meta-analysis of randomized controlled trials. Journal of affective disorders, 218, 15-22.*	Available on IOS & Android Age 13+	Free

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nOCD	**nOCD** **CBT, ERP** **OCD.**	nOCD helps people diagnosed with obsessive-compulsive disorder (OCD) manage the condition. The app guides users through exposure and response prevention (ERP) exercises. Users Can: - Access guidance in the moment of an OCD episode. - Access ERP plans and exercises. - Assess the severity of the user's OCD. - Store protected treatment data to share with clinicians or anyone else. - Access educational resources and inspirational content each day.	None available	Available on IOS & Android Age 17+	Free
	Headspace **Mindfulness, Meditation** **Stress & Anxiety**	Users can access guided meditations to relax. Different courses levels for developing skills in meditation. Users can; - Access courses to help with relationships, anxiety, stress. - Access tips and helpful wisdom to keep your practice on track. - Add friends to keep each other motivated- - Access daily meditations on a new topic each day. - Access "Mindful Moments" to keep you present throughout the day - Access "SOS" sessions for moments of panic, anxiety and stress.	Strong evidence base. A range of research suggesting the following; - Reduction in stress after 10 days of use. - 3 weeks of use led to reduced aggression and irritability and increased compassion. - Improved self-compassion & positivity after 10 days. - Improved focus - Reduction in job strain and work satisfaction. **Research** *Economides, M., Martman, J., Bell, M. J., & Sanderson, B. (2018). Improvements in Stress, Affect, and Irritability Following Brief Use of a Mindfulness-based Smartphone App: A Randomized Controlled Trial. Mindfulness, 1-10.* *DeSteno, D., Lim, D., Duong, F., & Condon, P. (2017). Meditation inhibits aggressive responses to provocations. Mindfulness, 1-6.*	Available on IOS for iPhone Age 4+	Basic is Free then more advanced information requires in-app purchases.

	Calm **Mindfulness, Meditation, Relaxation Techniques** **Stress & Anxiety**	Offers guided meditation session of various lengths. Designed to support users to manage stress, improve their sleep, develop self-esteem, self-compassion and mindfulness skills. Users can; - Access daily 10-minute programs. - Access programs for beginners and advanced users. - Access breathing exercises. - Track their progress with daily streaks and time spent meditating.	None currently available. Received a number of positive reviews from the press. Voted app of the year 2017.	Available on IOS iPhone only. Age 4+	Free for basic program then monthly subscription required for further features. Subscription £9.99 Premium £35.99
	My3 **Safety planning, Psychoeducation** **Suicide Prevention**	App developed by Link2Health Solutions Inc. and California Mental Health Services Authority. It is designed for individuals who are having thoughts of suicide or a history of suicidal behaviour. Users Can; - Create a support system of 3 people who they feel they could talk to if they felt suicidal. - Build your safety plan. - Access Important Resources. - Get support at times of greatest risk. - Access the National Suicide Prevention Lifeline 24/7.	None currently available. Recommended by *suicide prevention lifeline (US).*	Available on IPhone IOS and Android Age 4+	Free

	Toot Toot **Safe-guarding, reporting of incident** **Bullying**	Too toot education gives pupils and parents a voice by providing a safe and anonymous way to speak about concerns such as bullying, harassment, mental health and racism. Part funded by the DoE. Users Can: - Parents and pupils can report their worries from anywhere, anonymously. - Staff can log safeguarding and behaviour incidents to create a full picture. - Admins and mentors receive notifications when new cases are logged. - Users can quickly and simply manage their cases. - Admins and mentors get a whole organisation overview to identify key trends in data.	None currently available.	Available on iPhone IOS and Android Age 4+	Free Schools need to sign up to the program
	PTSD Coach **Safe-guarding, reporting of incident, CBT, TFCBT.** **PTSD**	PTSD Coach was created by VA's National Center for PTSD and DoD's National Center for Telehealth & Technology. It provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD. The app is aimed at those in treatment as well as those who are not. The tools include; - Relaxation Skills - Positive self-talk - Anger management - Symptom tracker - Direct links to support.	Strong evidence base, considerable amount of research. The apps source code is publically available allowing for regular updates and improvements. **Research;** Kuhn, E., Kanuri, N., Hoffman, J. E., Garvert, D. W., Ruzek, J. I., & Taylor, C. B. (2017). A randomized controlled trial of a smartphone app for posttraumatic stress disorder symptoms. *Journal of consulting and clinical psychology*, *85*(3), 267. Owen, J. E., Jaworski, B. K., Kuhn, E., Makin-Byrd, K. N., Ramsey, K. M., & Hoffman, J. E. (2015). mHealth in the wild: using novel data to examine the reach, use, and impact of PTSD coach. *JMIR mental health*, *2*(1).	Available on iPhone IOS and Android Age 3+	Free Available in a range of languages.

Suggested Further Reading

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Va Singer, M., Chatton, A., & Khazaal, Y. (2015). Quality of smartphone apps related to panic disorder. *Frontiers in psychiatry*, *6*, 96.

Nicholas, J., Larsen, M. E., Proudfoot, J., & Christensen, H. (2015). Mobile apps for bipolar disorder: a systematic review of features and content quality. *Journal of medical Internet research*, *17*(8).

Grist, R., Porter, J., & Stallard, P. (2017). Mental health mobile apps for preadolescents and adolescents: a systematic review. *Journal of medical internet research*, *19*(5).

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BinDhim, N. F., Hawkey, A., & Trevena, L. (2015). A systematic review of quality assessment methods for smartphone health apps. *Telemedicine and e-Health*, *21*(2), 97-104.

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Firth, J., Torous, J., Nicholas, J., Carney, R., Pratap, A., Rosenbaum, S., & Sarris, J. (2017). The efficacy of smartphone-based mental health interventions for depressive symptoms: a meta-analysis of randomized controlled trials. *World Psychiatry*, *16*(3), 287-298.

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Grist, R., Porter, J., & Stallard, P. (2017). Mental health mobile apps for preadolescents and adolescents: a systematic review. *Journal of medical internet research*, *19*(5).

Kuhn, E., Kanuri, N., Hoffman, J. E., Garvert, D. W., Ruzek, J. I., & Taylor, C. B. (2017). A randomized controlled trial of a smartphone app for posttraumatic stress disorder symptoms. *Journal of consulting and clinical psychology*, *85*(3), 267.

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