

Apps, Websites & Helplines to Support Mental Health & Wellbeing

NHS Ayrshire & Arran's Public Mental Health & Wellbeing Network has prepared guidance on some examples of Apps and Websites to support mental health & wellbeing; we do not endorse or recommend particular resources, and encourage you to carefully explore resources before you use them. All of the Apps are free to download but some do have in app purchases so we urge you to be cautious when exploring some of the features. (January 2024)

Apps for Younger Children



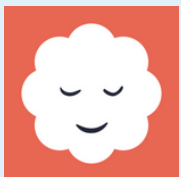
Hospichill

Designed originally to help children relax and stay calm in preparation for hospital visits. The app has lots of visualisation and relaxation tools to help children whenever they are feeling worried or stressed.



Breathe, Think and Do with Sesame

Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This research-based app helps your child learn Sesame's "Breathe, Think, Do" strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out!



Smiling Mind

This is a free Mindfulness App with a wide range of meditations and relaxation tracks for all ages from young children to adults. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about looking after the mind. The App also has programmes for sport, the classroom and the workplace.

Apps for Teenagers & Adolescents



Exam Stress

This app is for people who suffer from exam anxiety or from feeling stressed during their studies. The app is developed by the Student Counselling Service, who on a daily basis helps students all over the country with psychological and social problems. It derives from many years of experience in helping students to manage their exam anxiety.



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Calm Harm

This App provides advice and information that helps to resist or manage the urge to self harm. There are a range of activities to choose from plus other features that help you learn to identify and manage emotions with positive impact. The App can be personalised and made private.



Feeling Good Teens

A selection of age-appropriate relaxing audios combine relaxation, positive psychology, and Olympic Sports coaching techniques to build core non-cognitive skills, such as increasing self-confidence, and self-esteem. Regular listening to the audio tracks builds inner mental strength, in a similar way that exercise builds muscle, so listening develops skills for life.

Apps for Adults, Teenagers & Adolescents



NHS Ayrshire & Arran Mental Health App

Free NHS app with lots of simple information and self help tools to help us ALL to look after our mental health and wellbeing. Also contains useful signposting to resources and additional support. Select the app store for the 'NHS Ayrshire & Arran container app', then select mental health.



Moodfit

This app allows you to create and track a set of daily goals to help improve mental wellbeing. It also helps you to understand the link between mood and other factors like sleep and exercise, with customised daily goals. Additional features include gratitude, breathing exercises and mindfulness which can all reduce the effects of stress, anxiety and depression.

Smiling Mind



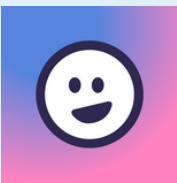
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OAK



This relaxing app will help the user practice simple guided meditation, breathing techniques, positive sleep patterns and relaxation. It is easy to use; designed for beginners just as much as people more confident in these practices.

Happy Feed



This is a gratitude journal. At the end of each day, you record three things that you are grateful for, with the option of uploading photos too. This trains your brain to focus on positive moments. You can look back over your positive moments and photos. Over time, it helps you to appreciate more and feel more positive.

Gratitude Journal



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Relax with AJ Lite



The app has a simple relaxation exercise that can help you to unwind, de stress or help you fall asleep.

MindShift CBT



An App that can help you cope with anxiety. Mind Shift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. It has a range of strategies to deal with everyday anxiety, as well as specific tools to help you face challenging situations.

Catch It



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 free app illustrates some of the key principles of cognitive behavioural therapy (CBT). It may support users to recognise, reflect on and challenge their unhelpful thinking patterns which can contribute to anxiety and low self-esteem.

My Possible Self



My Possible Self is an app that uses cognitive-behavioural therapy (CBT) to help people with stress, anxiety, sleep, depression, and making healthy lifestyle choices. The app has tools the user can use every day to identify habits you want to change and support good mental wellbeing.

Worry Tree



WorryTree is a simple mobile app which helps you to record and manage worry wherever you are. WorryTree asks you to record whatever you're worrying about, and then takes you through a few short steps to decide whether it's a worry you can control and then creates an action plan.

Virtual Hope Box



This App contains simple tools to help you cope with difficult emotions. It has a range of tools including interactive relaxation exercises, distraction techniques and positive thinking. The app also allows you to store content that is personally helpful including photos, recorded messages, music and inspirational quotes.

Looking after our physical health can also have many positive effects on our mental health & wellbeing. The following Apps may help with eating a healthy balanced diet, becoming more active and improving sleep: **'My Fitness Pal'**, **'Couch to 5k'**, **'NHS Active 10'**, **'NHS Food Scanner'**, and **'Sleepio'**.

Websites

Below are a selection of websites covering the following topics:

Domestic/ Physical Abuse

Bereavement

Body Image & Eating disorders

Drugs and Alcohol

LGBT

Anxiety & Depression

Bullying & Cyber Bullying

Carers

Childhood Sexual Abuse and Rape

Self Harm

NHS Inform

NHS inform is Scotland's national health information service helping the people in Scotland to make informed decisions about their own health and the health of the people they care for. There is information on a range of mental health and wellbeing topics.

<https://www.nhsinform.scot>

NHS Ayrshire & Arran: Better Health

This website provides a range of information on how to look after our mental health and wellbeing. There are also links to self help tools and resources to help cope with common problems including low mood, anxiety and stress.

<https://www.nhsaaa.net/services/services-a-z/better-health/> - Click the mental health and wellbeing icon on the webpage.

NHS UK

Practical information, interactive tools and videos from the NHS to help you look after your mental health and avoid common problems like depression, anxiety and stress.

<https://www.nhs.uk/mental-health/>

The Mental Health Foundation

The Mental Health Foundation is a UK charity promoting good mental health for all. This website has a range of information, resources and self help tools.

<https://www.mentalhealth.org.uk/Scotland>

Hands On

This NHS Fife CAMHS toolkit is a resource for parents, carers and people working children and young people. It gives help and practical advice for supporting children and young people's mental health & wellbeing.

<http://www.handsonscotland.co.uk>

Young Minds

The Young Minds website is full of advice and information on how young people can look after their mental health & wellbeing. There are dedicated sections for young people, parents and for individuals who work with young people.

<https://www.youngminds.org.uk>

Age Scotland

Age Scotland is the leading charity representing older people in Scotland. They have produced a suite of guides covering different aspects of mental health and keeping well in later life.

<https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/mental-health-and-wellbeing/>

Samaritans Scotland

Prevention of suicide, and provision of information and support for individuals who are feeling suicidal or worried about someone else.

<https://www.samaritans.org/scotland/samaritans-in-scotland/about-samaritans-scotland/>

Helplines

NHS 24	Contact free on 111	Visit website: https://www.nhs24.scot
Breathing Space	Contact free on 0800 83 85 87	Visit website: https://www.samaritans.org/
Samaritans	Contact free on 116 123	Visit website: https://www.samaritans.org/
SHOUT 24/7 Crisis Support	Text: SHOUT to 85258	Visit website: https://giveusashout.org/
CRUSE Bereavement Scotland	Contact free on 0845 600 2227	Visit website: https://www.crusescotland.org.uk/
Parentline	Contact free on 08000 28 22 33	Visit website: https://www.children1st.org.uk/
Childline	Contact free on 0800 1111	Visit website: https://www.childline.org.uk/
Young Minds 24/7 Crisis Support	Text: YP to 85258	Visit website: https://www.youngminds.org.uk/