

**Apps for Smart Phones** (free items only)

App	Description	Compatibility	Suitable for...	Review/Other info
<p><b>Happify</b></p> <p><a href="http://www.happify.com/">http://www.happify.com/</a></p>	<p>Happiness questionnaire to complete to keep record of levels of ‘happiness’ over time</p> <p>Activities and games to complete, choose activities relevant to life, build ‘happiness’ skills – relaxation, thank, aspire, giving, empathising</p> <p>Games e.g. ‘knock out’ worries (like angry birds but for worries!), positivity hot air balloons,</p> <p>‘inspiring’ words/articles, guided relaxation and meditation tracks – variation of lengths, counting the breath, serenity scene, visualisation</p> <p>‘Happify Daily’ – uplifting articles etc. to go through each day</p> <p>There is also a ‘Community’ section where you can read other members’ posts and post comments.</p> <p>Tracks and activities often put up by positive psychology coaches.</p>	<p>iPhone</p> <p>Android</p> <p>Desktop Computer</p>	<p>CALM/Mindfulness</p> <p>Relaxation</p> <p>Low Mood – building a range of skills into life e.g. ‘thank’ skill – noticing the positives</p> <p>Reflection</p> <p>Stress</p>	<p>Lots of interesting exercises on this app – visualisation techniques of banishing worries, positivity through hot-air balloons etc.</p> <p>Games add a lighter element (perhaps making it more applicable to younger audience also?) and help to build each of the skills</p> <p>Relaxation techniques</p> <p>App is free, can pay to open up areas, but lots of activities and options included in free version.</p> <p>Great all-round app, can be used in a variety of ways 😊</p>
<p><b>Pacifica</b></p> <p><a href="http://www.thinkpac">http://www.thinkpac</a></p>	<p>Based on CBT – focuses on stress, anxiety &amp; worry</p> <p>Mood check-ins and keeps a record of</p>	<p>iPhone</p> <p>Android</p>	<p>Stress</p> <p>Anxiety – particularly</p>	<p>Good for keeping a record of mood and activity over time.</p> <p>Great variety of spoken relaxation</p>

<p><a href="http://ifca.com/">ifca.com/</a></p>	<p>your mood history. Can also record health – sleeping, exercise, eating and keep a record of this over time. Able to set daily health goals to work towards around these activities.</p> <p>Inspirational quote of the day.</p> <p>Sends reminders to complete activities each day (can turn this off if prefer).</p> <p>Activities set for each day to complete:</p> <ol style="list-style-type: none"> <li>1) daily meditation - range of relaxation exercise e.g visualisation, PMR, deep breathing.</li> <li>2) Thought challenging</li> <li>3) Experiments – tackling avoidance – set goals to work toward, then choose small things to do to work towards this (a form of graded exposure but 100% patient led, not a huge amount of guidance)</li> </ol> <p>Other exercises unlock over time.</p> <p>Can access Community pages to post comments and read others based around gratitude, inspirational quotes, health habits, relaxing, experiments, inspirational music, inspirational films and books, anxiety, insomnia, aspects of life causing stress e.g. school, relationships, work</p>		<p>worries</p> <p>Relaxation</p>	<p>exercises to complete and visual guide to follow on screen as well as verbal.</p> <p>Length of in and out breath can be personalised (5seconds, 10seconds and up).</p> <p>Experiments – could be a useful tool to encourage people to work towards improving mood e.g. anxiety, but to be recommended with caution – not greatly structured or guided.</p> <p>Free app includes lots of techniques to use. Can upgrade for other features.</p>
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<p><b>SAM – Self Help App for Anxiety</b></p> <p><a href="http://sam-app.org.uk/">http://sam-app.org.uk/</a></p>	<p>App funded and developed by University of the West of England, Bristol.</p> <p>Features include a ‘How’s my anxiety right now?’ check-in to record, and an anxiety tracker demonstrating this over time.</p> <p>Offers ‘Help with anxiety NOW’ – visual breathing (i.e. 4/7) on the screen to follow, picture peace (rubbing away to find a picture underneath on the screen), attention shifting/distraction.</p> <p>‘Self-help’ section including lots of detailed information about anxiety, thought processes, physical relaxation, mental relaxation, taking small steps to combat anxiety (experiments). Relaxation techniques include grounding, breathing, PMR.</p> <p>Techniques are described on the pages of the app (no verbal instructions).</p>	<p>iPhone</p> <p>Android</p>	<p>Anxiety</p> <p>Relaxation techniques</p>	<p>App includes links to further support for anxiety e.g. MIND, AnxietyUK</p> <p>This app contains lots of detailed information, techniques and strategies around anxiety, it does not talk you through completing these verbally.</p>
<p><b>Headspace</b></p> <p><a href="https://www.headspace.com/">https://www.headspace.com/</a></p>	<p>‘A gym membership for the mind’</p> <p>‘treat your head right’</p> <p>Offers a free ‘Take Ten’ for ten days – mindfulness for ten minutes for ten days – covering a range of different techniques.</p>	<p>iPhone</p> <p>Android</p>	<p>CALM/Mindfulness</p>	<p>You can set ‘mindful moments’ – daily messages to keep you mindful throughout the day – great if forgetting to be mindful!</p> <p>You can also set an alarm reminder to go on to the app for a daily Headspace session.</p>

	<p>Free content – 10 minute narrated transcript for ten days.</p> <p>After the ten days free – need to subscribe to access further content – includes – guided/unguided exercises from 2mins-1hr, series covering health, performance, relationships etc., or single sessions of one-off meditations, SOS sessions of small mindfulness techniques – designed for use when need it quickly.</p>			<p>Headspace is run by ‘Andy’ – he narrates through the exercises and is brilliant!</p> <p>One of the best apps for narrating through exercises slowly and clearly – very similar to how we do this within the courses.</p>
<b>Calm</b>	<p>Relaxing scenes</p> <p>Program – 7 days of Calm – mindfulness meditation – narrated exercise.</p> <p>Relaxation guided exercises – body scan (free), others if subscribe e.g. deep sleep, calming anxiety, compassion, confidence, forgiveness.</p>	<p>iPhone</p> <p>Android</p>	<p>CALM/Mindfulness</p> <p>Stress</p>	<p>Variety of choice of scenes.</p>
<b>Smiling Mind</b>	<p>Mindfulness app with specific sections for different age groups.</p> <p>A range of mindfulness techniques including breathing meditation, thought defusion, body scan, etc.</p> <p>Options to have a guided relaxation technique</p>	<p>iPhone</p> <p>Android</p>	<p>CALM/Mindfulness</p>	<p>Good range and specified for age groups – variations in language to make the exercises more applicable.</p> <p>A great range of techniques for free.</p>

<b>iWorry Lite</b>	<p>App allows you to specify a time to worry each day along with a duration, and a place to worry. Throughout the day the app allows you to add worries/disturbing thoughts into it, and once in and saved, these cannot be reviewed until the scheduled worry time.</p> <p>During worry time these thoughts/worries can be allocated as ‘solvable’ or ‘unsolvable’. If left, these worries are locked again after the scheduled worry time finishes.</p>	iPhone	Anxiety – worry time	Fantastic app to practise worry postponement.
<b>WorryTime</b>	<p>A ‘worry postponement’ app</p> <p>Similar to ‘iWorry Lite’ – worries are recorded throughout the day. Option to view worries outside of worry time to note if having the same worry multiple times. Able to set worry time in app, and able to ‘scrunch up’ worries and ‘flick them away’ – actually quite cathartic!</p>	iPhone  Android		
<b>Worry Box</b>	<p>A ‘worry postponement’ app</p>	Android	Anxiety/Worry	
<b>ThoughtBox</b>  <a href="http://thoughtboxapp.com/">http://thoughtboxapp.com/</a>	<p>This app develops a thought diary – inputting each thought into the app. It also allows you to tap how many times you have the same thought. Records input over time and gives option of going back</p>	iPhone  Android?	Stress  Anxiety  Low Mood	

	<p>to review.</p> <p>Occasionally the app will present quotes or suggestions encouraging mindfulness of thoughts.</p> <p>Does <b>not</b> have a challenging option.</p>		Mindfulness	
<p><b>Panic Attack Aid Lite</b></p> <p><a href="http://www.panic-attack-aid.com/">http://www.panic-attack-aid.com/</a></p>	<p>‘Lite’ version – offers quick cognitive tasks as a distraction from physical symptoms/thoughts.</p> <p>Option to pay £2.99 for further exercises – anxiety symptom information, breathing techniques.</p>	<p>iPhone</p> <p>Android</p>	<p>Anxiety</p> <p>Panic</p>	
<p><b>Mood Panda – (charting tool and supportive community for low mood)</b></p>	<p>App that allows user to chart their mood throughout the day/ over weeks/months/years.</p> <p>Data can be seen in terms of different chart – bar graphs, pie charts etc.</p> <p>When user enters in their mood rating (out of 10) user can add a comment about “what’s happening” to explain context of their mood</p> <p>App is free to use – user’s data from previous 6 months can be seen and accessed for free. If you want to access data from any further back than that however, you will need to make a donation to the site.</p>	<p>iPhone</p> <p>Android</p>	<p>Depression</p> <p>May be useful to chart bipolar disorder if this is a concern – charts of mood can be accessed via computer as well via login on the website version of the app. Users can then access various charted forms of their mood patterns and print this to take to a GP if this would be helpful.</p>	

### Non-free Apps

App	Description	Compatibility	Suitable for...	Review/Other info
<p><b>MyCBT</b></p> <p><a href="http://www.mycbtapp.com/">http://www.mycbtapp.com/</a></p>	<p>App currently offers treatment for depression, with panic, work stress, worry and relaxation coming soon.</p> <p>On opening the depression section of the app you are asked to complete a questionnaire (PHQ9), and scores are given – a score of 4+ is recommended to buy the 5-step treatment programme.</p>	<p>iPhone</p>	<p>Low Mood</p>	<p>Able to download the app for free, and then options to purchase treatment programmes.</p>
<p><b>Thought Challenger</b></p> <p><a href="https://play.google.com/store/apps/details?id=edu.northwestern.cbits.intellicare.thoughtchallenger">https://play.google.com/store/apps/details?id=edu.northwestern.cbits.intellicare.thoughtchallenger</a></p>	<p>Thought challenging app which walks through thought challenging almost identically to how we teach it, a couple of NAT's are phrased differently but to the same end result.</p> <p>Aids thought challenging over 5 steps</p> <ol style="list-style-type: none"> <li>1. Catch it</li> <li>2. Check it prompts to ask yourself questions</li> <li>3. Choose a distortion (NAT)</li> <li>4. Evidence</li> <li>5. Change it</li> </ol>	<p>Android</p>	<p>All, Cognitive restructuring</p>	<p>Very similar to thought challenging which we offer on courses</p>

Other untested APPS

iPhone, iTouch, iPad etc	Android
<p><b>Anxiety</b></p> <ul style="list-style-type: none"> <li>• <b>Panic Aid</b></li> <li>• <b>Master Fear of Flying</b></li> <li>•</li> <li>• <b>Virtual Hope Box</b></li> <li>• <b>MindQuire for iPad</b></li> <li>• <b>Mind Shift for Anxiety</b></li> <li>• <b>Gratitude Journal</b></li> <li>• <b>Journal Diary</b></li> <li>• <b>DBT Self-Help</b></li> <li>• <b>Affirmations</b></li> <li>• <b>MoodPanda</b></li> <li>• <b>Moodometer</b></li> <li>• <b>Mood Sentry</b></li> <li>• <b>EFT Clinic</b></li> <li>•</li> <li>•</li> <li>• <b>Breathe 2 Relax</b></li> <li>• <b>Omvana</b></li> <li>• <b>mindshift</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Virtual Hope Box*</b></li> <li>• <b>Cognitive Diary CBT self help*</b></li> <li>• <b>Depression CBT self help guide*</b></li> <li>• <b>The Worry Box *</b></li> <li>• <b>Fig - personal wellness guide*</b></li> <li>• <b>Happy Life</b></li> <li>• <b>Happy Habits: Choose Happiness</b></li> <li>• <b>Cognitive Diary (CBT)</b></li> <li>• <b>Irrational Thinking CBT Test</b></li> <li>• <b>Stop Panic &amp; Anxiety</b></li> <li>• <b>Mind Shift for Anxiety</b></li> <li>• <b>Depression</b></li> <li>• <b>Deeds Journal</b></li> <li>• <b>CBT Referee</b></li> <li>• <b>Suicide Safety Plan</b></li> <li>• <b>Re-motivate Activity Tracker</b></li> <li>• <b>Depression Aid</b></li> <li>• <b>CBT Thought Record Diary</b></li> <li>• <b>Journal</b></li> <li>• <b>I Journal</b></li> <li>• <b>This Journal</b></li> <li>• <b>Mood Journal Plus</b></li> <li>• <b>Alura Cognitive Therapy</b></li> <li>• <b>PTSD Coach</b></li> <li>• <b>T2 Mood Tracker</b></li> <li>• <b>Mood Journal Plus</b></li> <li>• <b>Mood Sentry</b></li> <li>• <b>Habit Factor</b> (goals)</li> <li>• <b>MyChain</b> (maintaining goals)</li> <li>• <b>LifeTick</b> (values &amp; goals)</li> <li>• <b>Music for Refreshment</b></li> <li>• <b>Private Diary</b></li> <li>• <b>Exploring EFT</b></li> <li>• <b>Self Esteem Blackboard</b></li> <li>• <b>Confidence Quotes</b></li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Mindfulness bell</b> - set reminders!</li> <li>• <b>Insight Timer</b> - meditation</li> <li>• <b>OCD</b></li> <li>• <b>Breathe 2 Relax</b></li> <li>•</li> </ul>
<b>Windows phone 7</b>	<b>Blackberry</b>
<ul style="list-style-type: none"> <li>• <b>Feel Good Tracker</b></li> <li>• <b>Smart Goals</b></li> <li>• <b>CBT Diary</b></li> <li>• <b>What Now</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mood Journal</b></li> <li>• <b>Dear Diary</b></li> <li>• <b>LifeTick</b> (values &amp; goals)</li> </ul>

**Paced breathing**

**Worry time**

**Beat stop/ stop beat**

**Sleep apps?**

**Sleep station**

**Mood kit**

**Thriveport.com**

**Breathing Zone**