

Well-being Apps

Happier

Helps you stay more present and positive through the day



Mindshift

Helps you learn how to relax and more helpful ways of thinking



Headspace

Mindfulness and meditation



Smiling Mind

Short, age based meditations to help with thoughts, feelings and more



Daylio

Keep a diary and add in the activities you have been doing in the day



SAM

To help understand what causes your anxiety and monitor your thoughts



My Possible Self

Monitors feelings and recognises patterns and triggers



Stop, Breathe, Think

Check in with how you're feeling and try short activities tuned into your emotions

