

## Wellbeing Apps



The chill Panda app will teach you to relax, manage your worries and improve your wellbeing. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



The Catch it app will help you to learn how to manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.



The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.



The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.



The Headspace app teaches you how to meditate which has been proven to help people feel less stressed, focus more and sleep better.



Combined Minds app is for families and friends of those young people that are struggling with their mental health develop an understanding and offer support.

