App name	Cost & Privacy Info	Age range	Description	Compatible phones
<u>Mindshift</u>	Free	Teens (13+)	Allows you to pick a situation you would like help with from a list (e.g. tackling social	

through the narrative by	
breathing in a	
controlled way. You can	
also adjust the	
breathing speed	
(breaths per minute).	

<u>Daylio – Diary</u> <u>Mood Tracker</u>

			Useful for symptoms related to GAD, phobias and panic disorder.	
Chill Panda	Free No personal information entered is collected, only anonymous analytics (session length and device model).	6+	The app incorporates measuring your heart rate (using your phone camera) and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to help with worry. Shows you how feeling good or stressed can affect your body.	IOS & Android requires a mobile with a camera.
Suicide Safety Plan	Free	Upper secondary school age	Encourages users to log warning signs, generate a list of family/ friends to support or distract during ideation, and create a list of emergency contact numbers.	IOS & Android
App name	Cost & Privacy Info	Age range	Description	Compatible phones
<u>In Hand</u>	Free	Secondary school age	Uses a traffic light system asks the user to rate how they are feeling, and then provides prompts, quotes or tips that might be helpful. Suggestions and activities include listening to music, jotting down your feelings (in the app) and calling Samaritans	

NHS Mersey Care's Free Self-Help

You must be at least 17 years old to download the app due to the nature of some of the self-help topics e.g. drugs & alcohol

Self-help guides written by Clinical Psychologists. They include the following topics: abuse, alcohol and you, anxiety, bereavement, anger, depression and low mood, domestic violence, eating disorders, food for thought, health anxiety, hearing voices, obsessions and compulsions, panic, PTSD, postnatal depression, DSH, shyness and social anxiety, sleep problems and stress.

The guides include video introductions, PDF guide and audio guide.

App name	Cost & Privacy Info	Age range	creating more helpful thinking styles.  Description	Compatible phones
	most recent IOS update.		Has mood diary and thought tracker. Aims to help you monitor and challenge thoughts	

Stop Breathe & Think Kids

£2.99

**Thought Diary** 

£2.99 for