

NHS approval is indicated by NHS logo

App name	Cost & Privacy Info	Age range	Description	Compatible phones
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[Mindshift](#)



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[Daylio – Diary  
Mood Tracker](#)



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App name	Cost & Privacy Info	Age range	Description	Compatible phones
<a href="#"><u>Chill Panda</u></a>				
<a href="#"><u>Suicide Safety Plan</u></a>				

[In Hand](#)

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[NHS Mersey Care's  
Self-Help](#)

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[Stop Breathe & Think Kids](#)



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## [Thought Diary](#)

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