

TIME TO GET 'APPY

General Mental Health Apps

FREE CLEARHEAD **12+ years**
Clearhead is a New Zealand based app that uses a chatbot feature to design a personalised wellbeing plan. There are a variety of lessons and tools available for different issues.

HELLO MIND **12+ years**
Hello Mind is an app that is rooted in result driven hypothesis (RDH), and contains 10 session treatments for a variety of issues that you can identify yourself.

FREE MELON **12+ years**
Melon is a New Zealand based app that aims to improve wellbeing using tools such as a health journal, check-in, coping tools and community support.

FREE MENTEMIA **12+ years**
Mentemia is a New Zealand based app that was designed to help kiwis cope with COVID-19 by coaching them in mental wellbeing.

FREE SLEEP RESTORE **12+ years**
Sleep Restore is an app designed for sufferers of stress-related insomnia, and contains tracks and playlists to help someone fall asleep. Some tracks contain a bilateral stimulation component.

FREE SPARX **12-19 years**
SPARX is a New Zealand based online program for young people with depression, anxiety, or stress, and features interactive games that aim to teach CBT techniques and self-help skills.

FREE T2 MOOD TRACKER **12+ years**
T2 Mood Tracker is an app for people who want to monitor and track their mood over time.

FREE WELLMIND **12+ years**
Wellmind is an app to help people cope with stress, anxiety and depression using self-help tools, mood tracking, and education.

FREE VIRTUAL HOPE BOX **12+ years**
Virtual Hope Box is an app that has four components; tools to distract, to inspire, to relax, and to cope. It is based on cognitive behavioural principles, and may help users to manage depression, anxiety, or mood disorders.

FREE MINDSHIFT **12+ years**
Mindshift is an app designed to help young people and adults manage anxiety, and includes education about different kinds of anxiety and some tips to manage them.

FREE SANVELLO **12+ years**
Sanvello is an app to help you manage stress and anxiety using goal setting, wellness tools, relaxation and coping activities and a community for peer support.

FREE Self-help Anxiety Management (SAM) app **12+ years**
SAM is an app designed by the University of West of England to help people cope with anxiety using self-help tools, anxiety tracking and education.

Breathing, Meditation and Mindfulness Apps

FREE BREATHE2RELAX **Anyone**
Breathe2Relax is an app that helps users to learn relaxation breathing techniques which may be useful to manage stress and anxiety.

HEADSPACE **Anyone**
Headspace is an app that introduces users to meditation, before delving into more topic specific meditations and mindfulness. Only some content is free for use.

FREE SMILING MIND **12+ years**
Smiling Mind is a guided meditation and mindfulness app for those who might want help getting started, or who want a clearer programme of meditations to go through.

Apps based on CBT

FREE CALM HARM **12+ years**
Calm Harm is an app designed for young people based on something called dialectical behaviour therapy (a type of CBT). It has a wide range of activities, as well as a journal and logging function.

FREE CBT-I COACH **12+ years**
CBT-i coach is an app that was designed for veterans that had trouble sleeping, but includes a sleep tracker, CBT-based interventions, and reminders and education about changing sleep habits.

FREE THINKLADDER **12+ years**
Thinkladder is an app designed to help people cope with depression and anxiety using self-help cognitive behavioural therapy (CBT).

Goal-setting, Problem-Solving and Motivation Apps

HAPPIFY **12+ years**
Happify is a goal-setting app for anyone who would like to improve their person-wellbeing and learn more about positive psychology.

FREE SUPER BETTER **13+ years**
SuperBetter is an app designed to help you set goals, reward and monitor your own wellbeing using a game-based platform.

FREE WOOP **12+ years**
WOOP is an app designed to help people change their habits using goal setting. WOOP stands for Wish, Outcome, Obstacle, Plan, and helps you to plan out your goal from the point of wishing it.

