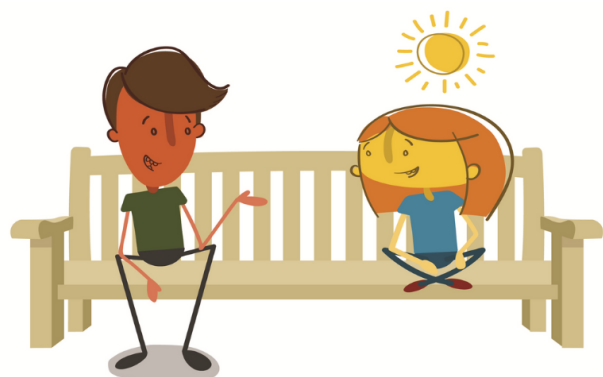




Lincolnshire Partnership
NHS Foundation Trust



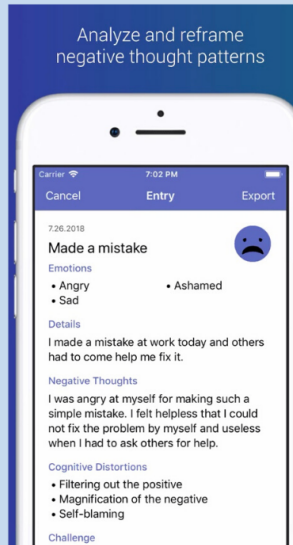
Lincolnshire Partnership
NHS Foundation Trust



**Do you have any apps that you use and you think other young people would find helpful?
If so, please tell us more at:
lpn-tr.CAMHSinvolvement@nhs.net**

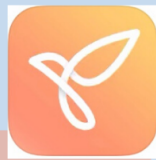
**Mental Health / Emotional
Wellbeing Apps**

CBT Thought Diary



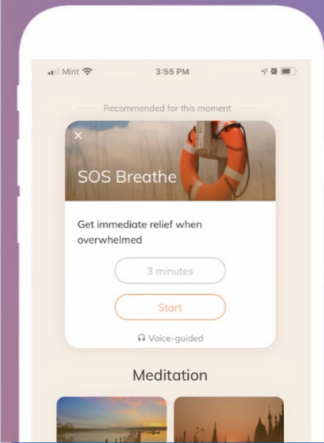
This app can be used separate or alongside therapy as a useful way of tracking your thoughts, feelings, emotions and behaviors of the day. Based on CBT (cognitive behavioral therapy) principles, this app helps you to track your emotions and thought patterns enabling you to reflect and challenge these. This is a free app available on the app store and google play.

Youper



Youper is an app designed by scientists and engineers, which uses AI (artificial intelligence) to personalise the app to suit your needs. This app is helpful for anxiety and depression, and helping you reformulate your thoughts and worries. This is a free app available on both iPhone and Android.

"Youper is a sleek, attractive looking mood tracking app that really makes you stop and think about what you are feeling and build a picture of what causes the emotional response. It uses an AI which can sometimes feels a little awkward when it asks you questions such as using premium features, but also helps make the app really clear and simple to use."



Relax Melodies

This is a free app available on the app store and on Google Play, with in app purchases. With over 100+ sounds to listen to, this app helps to assist with sleep, meditation and relaxation, giving you the chance to make your own music and melodies.



"This app has really helped me when I would usually have a sleepless night by giving me relaxing music I can fall asleep to."

Before you get started...

The apps found in this booklet are either featured in the NHS App library and / or young people have told our clinicians that they have found them personally helpful.

The list of apps should not be interpreted as approval by LPFT children and young people services or the NHS of those apps or information you may obtain from them.

The NHS has no control over the contents of those sites or resources. They have not been tested or assessed by the NHS. The apps have not been verified or approved by the NHS and we have no control over the content of the apps. The views expressed in the apps do not represent the NHS's views or values.

Apps found in the NHS App library are marked with this symbol.



Please visit their website on <https://www.nhs.uk/apps-library/category/mental-health/> for more information on how apps featured in the library are tested and assessed.

The app developer is solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use. If you wish to complain about any of the apps listed in this booklet, please contact the app developers.

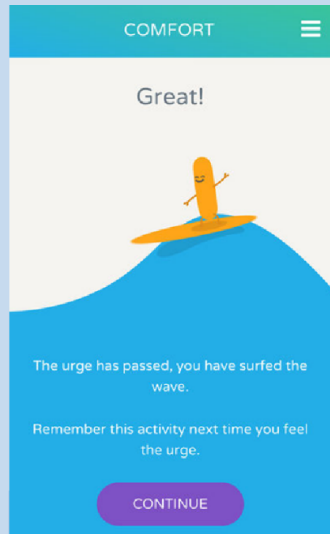
Please also contact us at lpn-tr.CAMHSinvolvement@nhs.net to make us aware of the content which you are complaining about.

The list of apps is provided for general information only. It is not intended to amount to advice on which you should rely. You should speak to your clinician before taking or refraining from taking any action on the basis of the content of these apps.

Although the CAMHS service makes reasonable efforts to update the list of apps, we do not guarantee that the list is accurate, complete or up to date.

Calm Harm

NHS



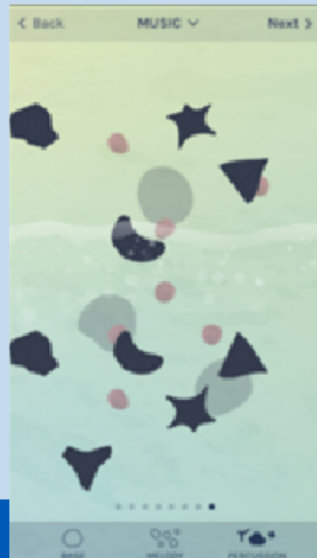
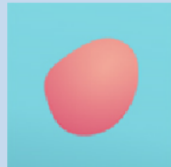
Calm Harm is a free app available on all mobile devices and private and password protected. Calm Harm provides tasks that encourage you to distract yourself from the urge of self harm. It helps you manage your thoughts in a more positive way.

"There are friendly characters throughout the app which looks very friendly; you can also suggest activities that will help others!"

Cove

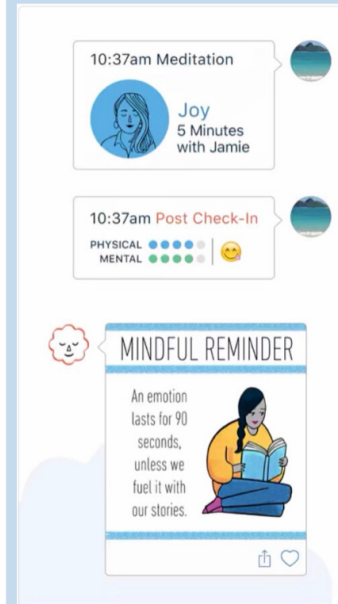
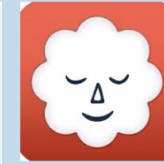
NHS

Cove is a free app accessible on the app store or Google Play. Distract yourself by creating music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger.



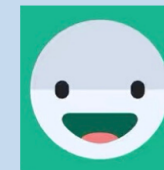
"Cove is almost like an audio mood tracker as you create music based on your mood or emotions that day."

Stop, Breathe, Think



Stop, Breathe, Think is a friendly app designed to support you in learning ways of meditation and relaxation. You are able to customize this app to make it more personal for your own needs making it accessible for all. This is a free app available on iPhone's and Androids.

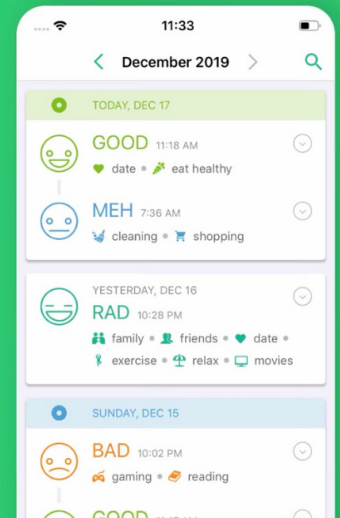
Dailyo



Dailyo is a well known app which lets you create a journal of how you feel each day and the activities you have been doing. This is a helpful therapeutic tool which could be used alongside professionals. This is a free app available on Android and iPhone's.

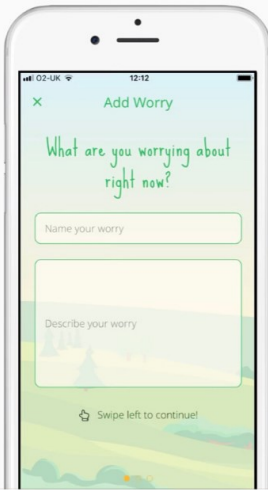
"A fun, easily accessible app. I find the reminder pop up really useful as it helps me to regularly record and track my mood. I recently discovered that you can set goals on it, which I am definitely going to use more!"

...and keep track of your life - so simple!



Worry Tree

Based on recognised Cognitive Behavioural Therapy techniques

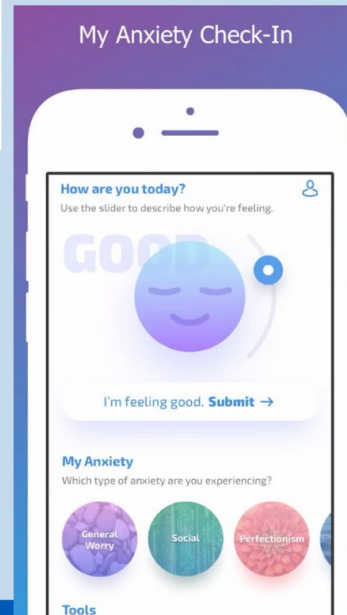
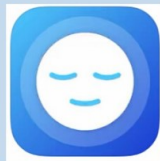


Worry Tree is an app designed to help record, manage and problem solve worries and related anxieties by using a CBT (cognitive behavioral therapy) approach. This is a free app available on the apple and android app store.



MindShift CBT

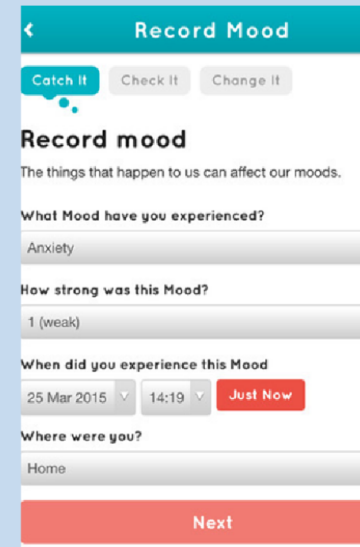
MindShift CBT is an app which uses CBT (cognitive Behavioral Therapy) principles to help manage anxiety and worry by learning how to relax, mindfulness and develop effective ways of thinking. This app can also be helpful to manage phobias and panic too. This is a free app available on iPhone and Androids.



Catch It



NHS



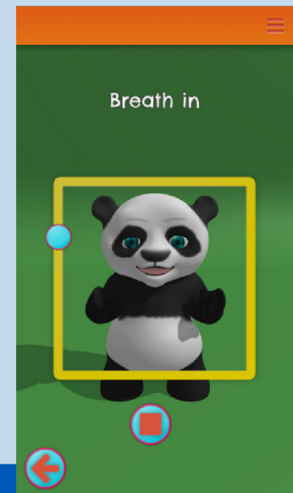
Catch it is an app which can help 'track' your mood. It can be useful for anyone wanting to understand their moods. Catch It is available on all mobile devices. The app uses three simple steps to record your mood. It also uses CBT (Cognitive Behavioral Therapy) to help you change the way you think and feel about things.

Chill Panda



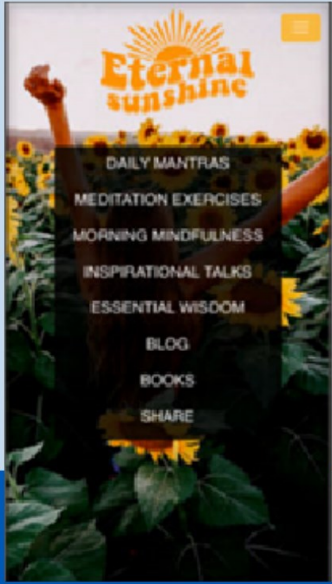
NHS

Chill Panda is a free app for children and young people who may want to learn how to manage stress and worries. It uses the camera to measure your heart rate and practice breathing techniques as well as 'POGA' (Panda Yoga). This app is available on all devices.



"It can sometimes feel it's for younger children, but it's still fun. I like how it links physical feeling to emotions e.g. measuring heart rate."

Eternal Sunshine



Eternal Sunshine is a Free app but it is only available on IOS devices. This app does include daily notifications of positive quotes, daily inspiration and inspirational podcasts.



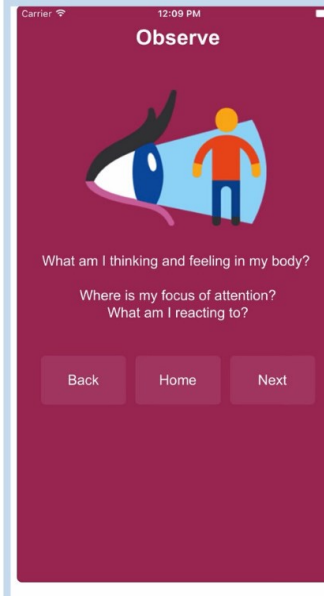
"I love this app. If you're having a particularly bad day it's just nice to look down at your phone and see something positive."

SAM App

This app and developed by University of the West of England Bristol. The SAM App is a Free app which will help you to understand what causes your anxiety, monitor your anxious thoughts and behavior over time and manage your anxiety through self-help exercises and private reflection.

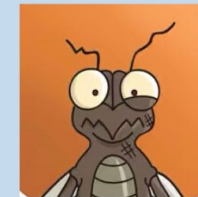


STOPP

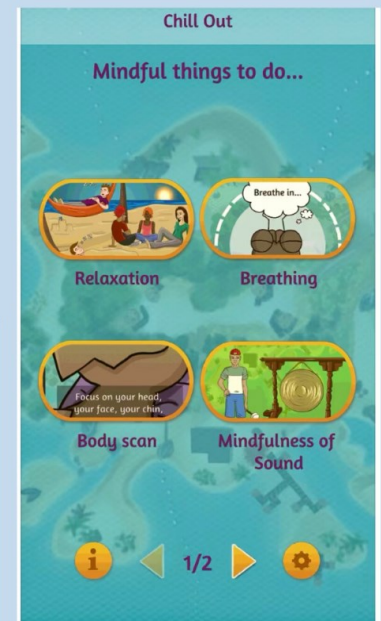


STOPP is a free app available on the app store and Google play. This app can support you in stopping cycles of low mood and anxiety, and other behaviors such as worry, self-harm and avoiding situations. It uses CBT (Cognitive Behavioral Therapy) techniques to make changes in how you think, feel, act and your emotions.

Mindful Gnats

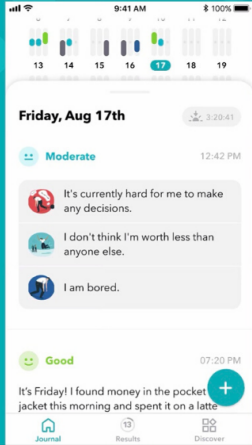


Mindful Gnats is a free app designed to help young people learn mindfulness and relaxation skills. There are different games and techniques to learn and this app is available to iPhone and Android phones.

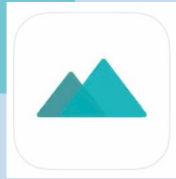


Moodpath

Create an overview of your moods

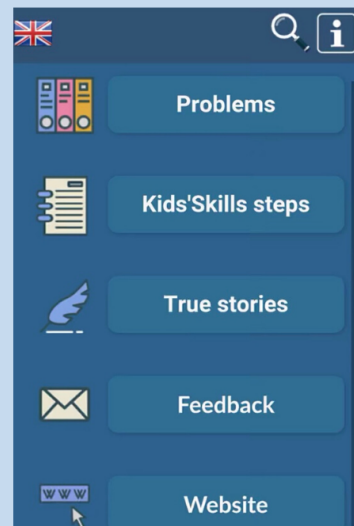


Moodpath is a free app available on iPhone's with iOS 12.0 or later. This app gives you the ability to assess your mental health, track and reflect on any changes and improve certain areas such as sleep, by learning different techniques.



Kids' Skills

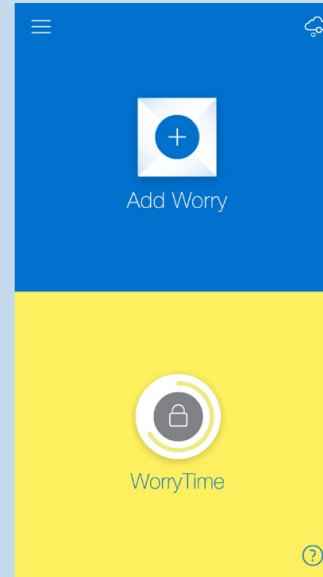
This is a free app available on the app store and on Google Play. Developed by Dr Ben Furman and his team to help children and young people overcome problems and difficulties by finding solutions and learning skills along the way. This can also be helpful for parents and professionals.



Worry Time



WorryTime is a free app that is based on a cognitive behavior therapy (CBT) technique. It allows you to schedule 'worry time' as to reduce constant worries that may be taking up a large part of your day. The app also allows you to set a password to keep your thoughts private.



Insight Timer



The basic package for Insight Timer is free. Insight Timer allows you to listen to guided mediation or music tracks and also allows you to time your own sessions, track your statistics and set reminders to meditate.

