

# Where to go for some self help?



## **Optimism**

A mood charting app for managing depression, bipolar and anxiety to keep a journal and chart recovery process

## **Relax Melodies**

Select sounds and melodies to help you sleep

## **Mindshift**

An app to help cope with everyday anxieties, it teaches relaxation and suggests activities you shift and face it

## **Moodtrack Diary**

Monitor and track your emotional health. The app records a range of emotions for anxiety, depression, stress, posttraumatic stress and your general wellbeing



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## Grief: Support for young people

Created by Child Bereavement UK for 11 – 25 year olds to support people who have lost someone. Can also be used by friends, family, teachers to help support an individual



Calm  
Relax with calm, a simple mindfulness meditation app



Headspace  
Use of mindfulness and meditation to reduce the level of stress and anxiety



Calm harm  
Provides tasks to help resist or manage the urge to self harm

