



Top Free Mental Health Apps

Reviewed and Recommended by IAPT iCope clinicians


Disclaimer:

These Apps are recommended on the basis of online App reviews, published feasibility studies and positive feedback from iCope Service Users. Note that these Apps are developed by third parties. As such Camden & Islington Foundation Trust take no responsibility for managing the security of your data whilst using these Apps


Stress & Anxiety

| App | Cost | Description & Features |
|---|----------------------|--|
| Stress & Anxiety Companion  | Free (iOS only) | A user-friendly CBT-based app that enables users to learn about CBT, record and challenge thoughts, create personal flashcards and access relaxation & mindfulness exercises. Recommend for people experiencing mild – moderate anxiety or stress. Recommend to use as an adjunct to having CBT or for self management during & post therapy. |
| Pacificia  | Free (iOS & Android) | A straightforward app that enables users to track their mood and health behaviours (sleep, diet, alcohol) over time, set daily goals, record thoughts, access relaxation exercises and connect with others in groups centred around different problems. Some CBT techniques. Recommend for people experiencing mild – moderate stress, anxiety or low mood. Recommend to use as an adjunct to having CBT or for self management during & post therapy. |


Worry Management

| App | Cost | Description & Features |
|---|----------------------|---|
| ReachOut Worry Time  | Free (iOS & Android) | A user-friendly app for people who are experiencing difficulties with worry. It enables users to try to reduce disruptive worries. Provides self help exercises to help users schedule a time to worry, to improve awareness of thought patterns and let go of unhelpful worries. App uses CBT-based techniques. Recommend to use as an adjunct to having CBT or for self management during & post therapy. |


Depression & Low Mood

| App | Cost | Description & Features |
|--|----------------------|--|
| Catch It  | Free (iOS & Android) | A user-friendly CBT-based app for people experiencing mild to moderate depression. Enables users to learn how to notice feelings, rate emotions, and monitor & challenge thoughts. Emphasis is on thought challenging techniques. App has a personal pin code for users. Recommend as useful to complement therapy at start of CBT, and for self management during & post therapy. |




Sleep

| App | Cost | Description & Features |
|---|----------------------|---|
| CBT-i  | Free (iOS & Android) | A CBT-based app designed to help users to make practical changes to manage and improve sleep. Provides psycho-education on sleep, a sleep diary to monitor sleep patterns, how to use sleep restriction, as well as relaxation and thought balancing techniques. Recommend for standalone use supported by a therapist, or self management during and post CBT work for insomnia. |


Alcohol Management

| App | Cost | Description & Features |
|--|----------------------|---|
| DrinkAware  | Free (iOS & Android) | A helpful app that enables users to set goals and make practical changes around alcohol consumption. Has an alcohol diary where users can track alcohol use & calculate money spent on alcohol. Users can set goals and learn about risks associated with heavy drinking and health benefits of reducing alcohol use. Suitable for ages 18+ |


Mindfulness & Relaxation

| App | Cost | Description & Features |
|--|---|---|
| Stop, Breathe, Think  | Free (iOS & Android) | A straight forward app that provides short mindfulness and meditation exercises with good graphics. User can choose different audios depending on mood, and rate mood before and after. Recommend for anyone experiencing mild to moderate stress, anxiety or low mood. |
| Headspace  | Free (10 mindfulness exercises) (iOS & Android) | A user-friendly app for mindfulness. Offers 10 free mindfulness exercises with audio and excellent graphics. Advanced exercises require subscription fee. Sessions fit into everyday life, and app offers reminders and a personal progress page. Recommend for anyone experiencing mild to moderate stress, anxiety or low mood. |
| Calm  | Free (iOS & Android) | A user-friendly app that provides guided audio meditation, relaxation and mindfulness tracks & exercises. App opens with view of sea and sound of waves. Suitable for people experiencing stress or mild anxiety or low mood. |


PTSD

| App | Cost | Description & Features |
|--|----------------------|---|
| PTSD Coach  | Free (iOS & Android) | <p>An easy to use app aimed at helping users understand and manage PTSD symptoms. Provides accurate, evidence-based information on PTSD. Users can monitor and assess symptoms, learn techniques and exercises to reduce strong emotions and promote self soothing.</p> <p><u>Note:</u> app is designed specifically for American military veterans so some references and links not applicable to all.</p> <p>Recommend use for people with PTSD symptoms, in phase 1 or 2 of trauma focused CBT work.</p> |

Eating Disorders

| App | Cost | Description & Features |
|---|----------------------|--|
| Recovery Record  | Free (iOS & Android) | A CBT-based app for eating disorders. Enables users to record meals, thoughts & feelings; create customisable meal plans and personal goals. Can track progress through questionnaires. Has as a virtual rewards system, gives personal reminders, and user can link up to a clinician and community that can offer real-time feedback and support. Recommend for use during therapy and self management post-therapy. Knowledge of CBT helpful for using app. |

Suicide Prevention

| App | Cost | Description & Features |
|--|----------------------|--|
| Stay Alive  | Free (iOS & Android) | Helpful and informative app that offers help and support to people who are feeling suicidal and to people concerned about someone else. Enables users to create a safety plan. Includes information and strategies for staying safe. A 'LifeBox' to which the user can upload photos from their phone reminding them of their reasons to stay alive. Provides links to other support services and a location-enabled function to show the user support services in their vicinity. Recommend for use supported by a therapist or GP, or self management. |