

Free Apps for Service Users to Maintain their Mental and Physical Wellbeing

Name of App	Description
Happy Healthy	Happy Healthy is a portable personal trainer and health advisor, combining self-tracking with expert advice. Allows the user to rate themselves on LENS (Lifestyle, Exercise, Nutrition and Sleep) and happiness over the course of the week, showing the user what may affect their mood.
5 Ways to Wellbeing	Offers a practical way to help the user feel good and function well in the world. Reflection and setting activities to help improve wellbeing and track progress.
Lift	Helps the user put their goals into action. User can choose what inspires them from expert-led plans and community habits, or add a custom goal of their own. Users can record and celebrate progress with our easy check-in system.
Previdence	An evaluation tool that allows individuals to assess themselves or others for depression, anxiety, drug and alcohol and suicidal issues. It gives recommendations to help with any issues at hand. Allows individuals to monitor progress over time.
Life Tick	Users can create, update and achieve their goals using S.M.A.R.T. goal setting methodology and driven according to their values.
Big White Wall	Big White Wall is a peer support network that encourages the user to be open about what is on their mind, to learn more about themselves and to work through what is troubling them
Virtual Hope Box	The Virtual Hope Box (VHB) is designed for use by patients and health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking.
Positive Activity Jackpot	Uses pleasant event scheduling (PES) to overcome depression and build resilience. This app features augmented reality technology to help users find nearby enjoyable activities and makes activity suggestions with local options and the ability to invite friends. If you cannot make up your mind which fun thing to do, "pull the lever" and let the app's jackpot function make the choice for you.
Operation Reach Out	Operation Reach Out was developed to provide timely and effective support and guidance for military families. Designed to encourage people to reach out for help when they are having suicidal thoughts. To help those who are concerned about family members, spouses, or fellow service members who may be suicidal. Provides a personal contact help center. Provides activities to help people who are depressed stay connected to others.
T2 Mood Tracker	Allows users to monitor their moods on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Custom scales can also be built. Users rate their moods by swiping a small bar to the left or to the right. The ratings are displayed on graphs to help users track their moods over time. Notes can be recorded to document daily events, medication changes and treatments that may be associated with mood changes, providing accurate information to help health care providers make treatment decisions.
Depression CBT Self-Help Guide	This app contains a depression severity test, audios, articles, a cognitive diary, and a motivational points system that help users learn how to do this.
Cognitive Diary: CBT Self Help	These self-help methods use the tools of cognitive-behavioural therapy (CBT) to challenge irrational thinking.
DBT Review	This app allows users to learn about emotions, relations, awareness and behaviours. In addition, they can learn, practice and use skills from areas of Mindfulness, Interpersonal Effectiveness, Emotion regulation, Validation, Problem Solving and Distress Tolerance. Includes tutorial user guides and skills training segments. Users can register results and reflections from 18 different skill practice sessions and complete their own behavioural analysis using chain analysis work sheets. Additionally, users can monitor their mood, behaviours and skills using a Diary Card.

DBT Skill Card	Involves a diary log for each day with 28 skills, including a description and example of each skill. Tracks the user's number of days logged in a row as well as their current streak. Statistical information based on 1 day, 7 days, 28 days, or ALL records. Would work well alongside weekly DBT classes, you can easily see which skills the user has been focusing on, and which they have been missing. Also includes a note section and reminders.
DBT Self Help & Diary Card	This app allows users to learn about emotions, relations, awareness and behaviours. In addition, they can learn, practice and use skills from areas of Mindfulness, Interpersonal Effectiveness, Emotion regulation, Validation, Problem Solving and Distress Tolerance.
PTSD Coach	Allows the user to learn about and manage symptoms that often occur after trauma. Features include reliable information on PTSD and successful treatments, tools for screening and tracking symptoms, convenient, easy-to-use tools to help you handle stress symptoms, direct links to support and help.
Self Help for Anxiety Management (SAM)	SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users.
The Worry Box	Users can utilise the worry cognitive diary to help them determine how to cope with each worry. If it's controllable, they can list the steps one can take to manage the worry. If it's not controllable, users can select from the list of coping statements to help them think about it differently.
Mindshift	Designed to help teens and young adults cope with anxiety. Teaches users to relax, develop more helpful ways of thinking, and identify active steps that will help the user take charge of anxiety.
Headspace	Headspace is "meditation made simple, a way of treating your head right". Using proven meditation and mindfulness techniques, the app shows the user how to train their mind for a healthier, happier, more enjoyable life.
Take a Break! Guided Meditations	Users can enjoy the deep relaxation, stress relief and benefits of meditation. Featuring two popular meditations from the Meditation Oasis podcast, the app gives you the option to listen with or without music or nature sounds. You can also listen to the relaxing music and nature sounds alone.
Breathe Well	A three phase guides to deep breathing based on the principles of meditation. Merging the power of breath with technology, Breathe Long is an easy way of improving your health and reducing stress. Using music and visuals to guide the user to slower deeper breathing, Breathe long enhances the way the user feels and leaves them with more energy, stamina, and focus.
Stop Smoking	Provides daily support and instant tips, keeps track of how much money the user is saving and shows how many days the user has been smoke free. Includes a direct line to the NHS Smoking helpline and provides links to local NHS Smoking Services.
Gym Boss Interval Timer	The Gymboss Interval Timer is a programmable interval timer perfect for cardio workouts and HIIT training.
Nike Training Club	Users can choose individual workouts, or select a targeted, structured four-week program to help get lean, toned or strong. Can utilise customised workouts with preferred drills.
My Fitness Pal	Allows users to track their calorie and water intake, along with logging exercise and checking nutrition.

All apps are free or include a free trial. Some are available on iPhone, Android or both.