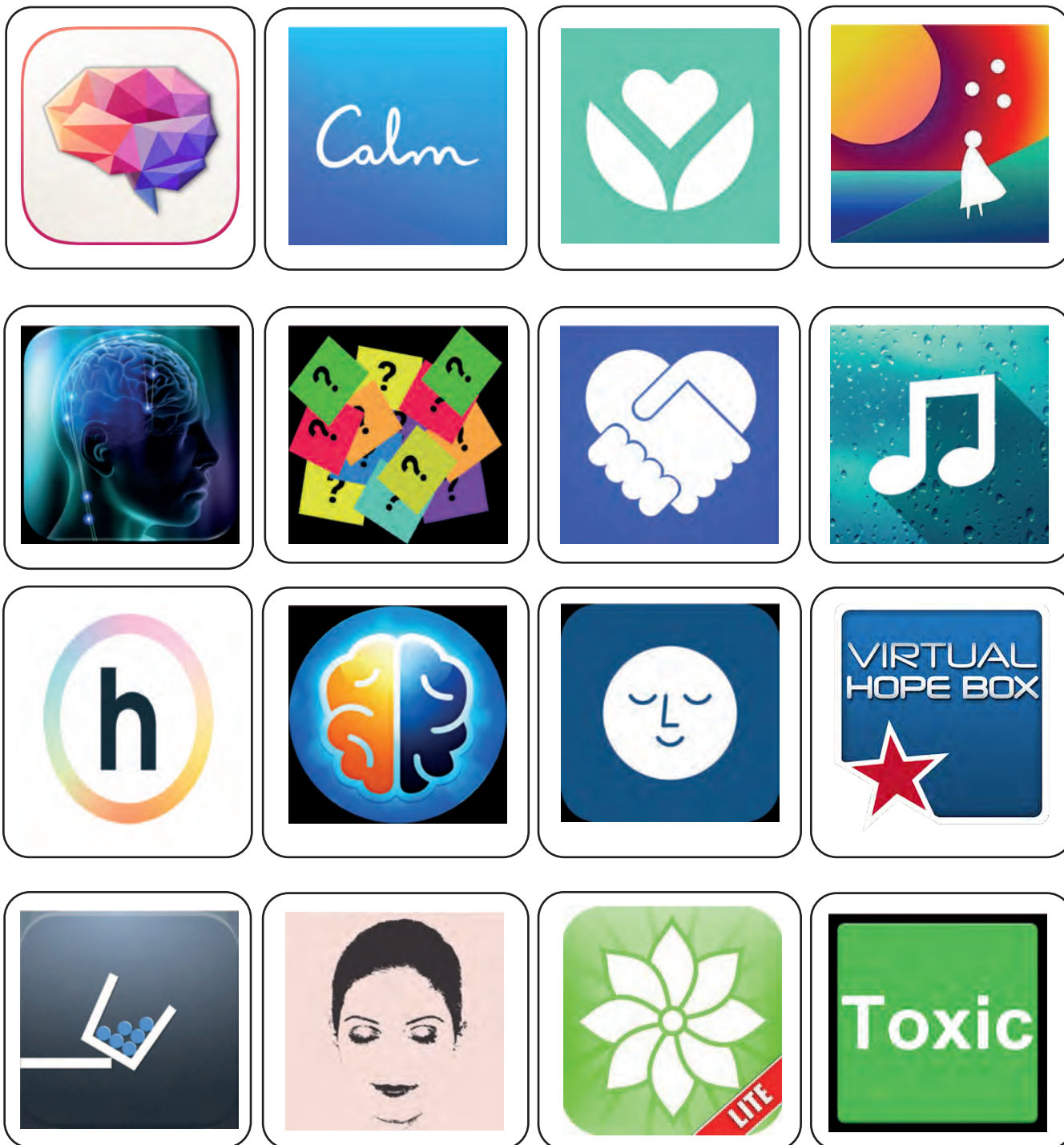


# Guide to Mental Health Telephone Apps



Edinburgh **Health and Social Care** Partnership



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## Telephone Apps useful for mental health conditions

The following listing of apps have been briefly researched and are known to use approaches backed by research approved by the NHS. However, inclusion of apps in this list should not be considered as an NHS endorsement of the product. Moreover mental health apps are a relatively new technological approach that has itself only anecdotal recommendations.

**Emotional Challenges:** As with all self-help approaches, the user must take responsibility for their care and recognise that intentions to make changes can bring up new emotional challenges. This should not be a deterrent particularly if the user has support to ride these storms.

**Costs:** We are also aware that although many of these apps are free, some offer only an initial free trial before requiring a membership subscription. A useful small number do cost money before they can be downloaded onto personal electronic devices.

**Data Protection:** Be cautious, as some apps may also ask for access to information that may be stored in personal electronic devices.

### Terms Explained

CBT = Cognitive behavioural therapy is a talking therapy that can help you manage your problems by changing the way you think and behave. It is most commonly used to treat anxiety and depression but can be useful for other mental and physical health problems.

DBT = Dialectical behaviour therapy is a specific type of cognitive-behavioural psychotherapy developed to help better treat borderline personality disorder and extremes of emotions.

### Disclaimer:

The inclusion of telephone apps in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the apps listed. If you have concerns about an app listed here, please contact the service provider in the first instance and their professional body, if one exists. Please email an experience update to us and it will be taken into consideration whilst updating the next guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions and any resulting harm.

Email: [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

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## Health and Wellbeing: Mental Health Apps

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### **Brain it on**

Conditions: Anxiety, Memory, Mood.

Techniques: Distraction puzzles.

Type of phone: Android and iPhone suitable.

Availability: [Google Play](#) and [iTunes App Store](#).

Cost: Free

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### **Brain Yoga**

Conditions: Anxiety, Memory, Mood.

Techniques: Distraction puzzles.

Type of phone: Android and iPhone suitable.

Availability: [Google Play](#) and [iTunes App Store](#).

Cost: Free.

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### **Calm: Sleep and Meditation**

Conditions: Addiction, Anxiety, Mood, Sleep.

Techniques: Meditation, Relaxation, Music, Quotes.

Type of phone: Android and iPhone suitable.

Availability: [Google Play](#) and [iTunes App Store](#).

Cost: Free trial.

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### **Calm Harm**

Conditions: Self Harm.

Techniques: Managing urges and time countdowns.

Type of phone: Android and iPhone suitable.

Availability: [Google Play](#) and [iTunes App Store](#)

Cost: Free.

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### **CBT-i coach**

Conditions: Sleep.

Techniques: Sleep diary, Winding down mind, CBT.

Type of phone: Android and iPhone suitable.

Availability: [Google Play](#) and [iTunes App Store](#).

Cost: Free.

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### **Daylight**

Conditions: Anxiety and Worry

Techniques: Tense and Relax, Thought Challenger exercise, Worry Story exercise.

Type of phone: Android and iPhone suitable.

Availability: [Google Play](#) and [iTunes App Store](#).

Cost: Free



**DBT diary card and skills coach**

Conditions: Anxiety, Mood.

Techniques: Suitable for people who have a knowledge of the DBT approach.

Type of phone: Android suitable.

Availability: [Google Play](#).

Cost: Free.



**DBT 911**

Conditions: Anxiety, Mood, Motivation, Sleep.

Techniques: DBT skills - distress tolerance skills.

Type of phone: Android suitable.

Availability: [Google Play](#).

Cost: Free.



**Decider Skills**

Conditions: Anxiety, Depression.

Techniques: CBT.

Type of Phone: Android Apps and iPhone suitable.

Availability: [Google Play](#) and [iTunes App](#) store.

Cost: Free.



**Depression CBT Self**

Conditions: Anxiety, Mood, Motivation.

Techniques: CBT, meditations.

Type of phone: Android suitable.

Availability: [Google Play](#).

Cost: Free.



**Fabulous Daily Routine Planner**

Conditions: Motivation.

Techniques: Health, education, alarm, yoga.

Type of phone: Android and iPhone suitable.

Availability: [Google Play](#) and [iTunes App](#) Store.

Cost: Free.



**Feeling Good**

Conditions: Anxiety, Mood.

Techniques: Mindful relaxation, managing positive vision.

Type of phone: Android and iPhone suitable.

Availability: [Google Play](#) and [iTunes App](#) Store.

Cost: Free.



**Happify**

Conditions: Anxiety, Mood.  
Techniques: CBT, Relaxation, Mindfulness.  
Type of phone: Android and iPhone suitable.  
Availability: [Google Play](#) and [iTunes App Store](#).  
Cost: Free trial.



**Headspace - meditation**

Conditions: Addiction, Anxiety.  
Techniques: Guided Meditation.  
Type of phone: Android and iPhone suitable.  
Availability: [Google Play](#) and [iTunes App Store](#).  
Cost: Free trial.



**Mindfulness: 2022**

Conditions: Anxiety, Mood, Motivation.  
Techniques: Education 8 day challenge and guided technique.  
Type of phone: Android and iPhone suitable.  
Availability: [Google Play](#) and [iTunes App Store](#).  
Cost: Free.



**Mind Games**

Conditions: Memory.  
Techniques: Calculation/Reaction exercises.  
Type of phone: Android suitable.  
Availability: [Google Play](#) Store.  
Cost: Free.



**MindShift CBT - Anxiety Relief**

Conditions: Anxiety, Mood.  
Techniques: Breathing, CBT.  
Type of phone: Android and iPhone suitable.  
Availability: [Google Play](#) and [iTunes App Store](#).  
Cost: Free.



**Operation reachout**

Conditions: Suicide.  
Techniques: Videos/contact numbers.  
Type of phone: Android and iPhone suitable.  
Availability: [Google Play](#) and [iTunes App Store](#).  
Cost: Free.



**Puzzle My Mind**

Conditions: Anxiety, Memory, Moody.  
Techniques: Distraction puzzles.  
Type of phone: Android suitable.  
Availability: [Google Play](#) store.  
Cost: Free.



**Rain sound - sleep and relax**

Conditions: Sleep  
Techniques: Relaxation.  
Type of phone: Android and Iphone suitable.  
Availability: [Google Play](#) store.  
Cost: Free.



**PTSD Coach**

Conditions: Anxiety, Mood.  
Techniques: PTSD information, mindfulness breathing.  
Type of phone: Android suitable.  
Availability: [Google Play](#) store.  
Cost: Free.



**PTSD free**

Conditions: Anxiety, Mood.  
Techniques: Thought Stopping, Medication.  
Type of phone: Android suitable.  
Availability: [Google Play](#) store.  
Cost: Free.



**Self Help Anxiety Management (SAM)**

Conditions: Anxiety, Mood, Motivation.  
Techniques: Calm breathing, CBT.  
Type of phone: Android and iPhone suitable.  
Availability: [Google Play](#) store.  
Cost: Free.



**Simply Being Guided Meditation**

Conditions: Anxiety, Motivation.  
Techniques: Relaxation, guided meditation, mindfulness.  
Type of phone: Android and iPhone suitable.  
Availability: [Google Play](#) and [iTunes App](#) Store.  
Cost: £1.55.





**Sleepio**

Conditions: Problems sleeping.

Techniques: CBT.

Type of Phone: Android and iPhone suitable.

Availability: [https://go.bighealth.com/sleepio\\_nhs](https://go.bighealth.com/sleepio_nhs)

Cost: Free.



**Stay alive**

Conditions: Motivation, Suicide.

Techniques: Safety plan/resource numbers.

Type of phone: Android and iPhone suitable.

Availability: [Google Play](#) and [iTunes App](#) store.

Cost: Free.



**Stop Panic and Anxiety Self-Help**

Conditions: Anxiety.

Techniques: Diary, audios, slides, CBT.

Type of phone: Android suitable.

Availability: [Google Play](#) store.

Cost: Free.



**Toxic Thinking**

Conditions: Anxiety, Mood.

Techniques: Access to thought reframing.

Type of phone: Android suitable.

Availability: [Google Play](#) store.

Cost: Free.



**Virtual Hope Box**

Conditions: Anxiety, Mood.

Techniques: Distraction puzzles, relaxation, guided meditation, breathing, coping cards.

Type of phone: Android and iPhone suitable.

Availability: [Google Play](#) and [Itune App](#) store.

Cost: Free.

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**what's up app mental health**

Conditions: Addiction, Anxiety, Mood,

Techniques: CBT.

Type of phone: Android suitable.

Availability: [Google Play](#) store.

Cost: Free.

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**Worry Knot**

Conditions: Anxiety, Mood.

Techniques: CBT.

Type of phone: Android suitable.

Availability: [Google Play](#) store.

Cost: Free.

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