

Links to Mobile Apps to support your Mental Health

CAMHS: Numerous apps designed to support young people, adults and families with their mental health and well-being.

<https://www.camhs-resources.co.uk/apps-1>

Kooth: <https://www.kooth.com>

Calm: <https://www.calm.com>

[Childline 'For Me' App](#) – Childline tools in one place

[Moodkit](#)

[Talkspace](#)

[Headspace](#)

[Better Stop Suicide](#)

[iBreathe](#)

[MindShift CBT](#)

[Quit That!](#)

[Happify](#)

[Recovery Record](#)

[NOCD](#)

[Helpful Apps recommended by the NHS](#)