

# Apps to support Wellbeing

## Activity

**Derby Moves:** is a mobile app for University of Derby students and staff that earns you rewards for being active.

**Active 10:** Tracks your walking and tells you when you need to increase your pace to achieve a brisk walk (about 3 miles an hour). The app is based on the idea that a regular 10-minute brisk walk has lots of health benefits.

**Couch to 5k:** designed to get you off the couch and running 5km in just nine weeks. The plan involves three runs a week with a rest day in between and a different running schedule each week. Produced with the BBC, the app builds you up gradually with a mix of running and walking.

**Good Things Derby:** prompts users to notice, rate and photograph their surroundings and map the good things in and around Derby.

## Anxiety

**Beat Panic:** is designed to guide people through a panic attack or raised anxiety using their phone. Available on Apple Cost £0.99

**Catch It:** Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

**Mindshift:** Uses CBT to help change attitudes towards anxiety by offering tools to tackle various difficulties

**SAM:** is an application to help you understand and manage anxiety. The app has been developed in collaboration with a research team from Bristol.

**CALM:** includes guided meditations and Sleep Stories to help you reduce anxiety, lower stress and sleep better.

**Stop Panic & Anxiety: Self-Help for Panic Disorder** on android only

**My Possible Self:** is the mental health app that uses clinically proven content to reduce symptoms of low mood, anxiety and stress in 8 weeks.

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## Depression

**Moodtools:** Offers a CBT based diary to log and analyse thoughts, helpful videos, and a suicide safety plan.

**Presently:** A daily gratitude journal. Presently encourages you to celebrate the richness of your daily life, helping you focus on what really matters.

**UpLift™:** has everything you need to know to get yourself (or someone else) out of depression, from Human Givens. It includes:

- Concrete things you can do to feel better NOW
- Practical tips for reducing stress
- Clear explanation of what causes most depression
- Easy things you can do to help yourself and others
- Free therapy session
- Calming exercises. Plenty of audio – listen *or* read

**Daylio:** enables you to keep a private diary without having to type a single line. Try this beautifully designed micro-diary app right now for free.

**Depression CBT Self Help Guide:** to help manage depression on android google play only

**Pacifica:** Daily tools for stress and anxiety based on cognitive behavioural therapy and mindfulness.

**Wellmind:** is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.

**Stay Alive:** This app is a pocket suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

## Digital Well Being

**Hold:** helps you to focus and gives you the opportunity to get rewards, by starting Hold, collect points for not using your phone and trade them for rewards.

**Thrive Away:** helps you take back control of your life by giving you the tools to set boundaries with technology so you can connect more deeply with yourself and others.

Learn to Stay Safe online visit <https://www.thinkuknow.co.uk/> website

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## Health

Student Health App by Expert Self Care Ltd a social enterprise who aim to give you easy access to reliable health information.

<https://www.expertselfcare.com/health-apps/student-health-app/>

PODCASTS for wellbeing: <https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

## Healthy Eating

Easy Meals: Plan and eat healthier meals with the Easy Meals recipe app. Choose from 150 easy, calorie-counted recipes covering breakfast, lunch, evening meals and puddings. If you're short on inspiration, let the app plan your day's meals.

Drink 'Free Days' app Choose your Drink Free Days and get reminders, support and practical advice to change your drinking habits for good.

## Memory

MyCognition: Home is a brain training app for the entire family to help them think faster, focus better, and improve decision-making and memory.

## Self-Harm

Bluelce: is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.

It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

Calm Harm: is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.

## Sleep

InsightTimer #1 free app for meditation & sleep.

Pzizz: helps you quickly quiet your mind, fall asleep fast, stay asleep, and wake up refreshed.

Slumber: is a collection of ultra-relaxing sleep-inducing stories and meditations designed to beat insomnia and help you fall asleep quickly every single night.

Sleepiest: is a sleep app that uses carefully selected sounds, stories and meditations proven to help you get to sleep up to 11X faster.

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**Sleepio:** is a six-week sleep improvement program. It has been designed by using Cognitive and Behavioural Therapy (CBT) techniques. The whole course takes place online via a home computer or an iPad, but you can also complete it using the iPhone app. If you have an Android or a Windows smartphone, you can access on-the-go help via the mobile site at [sleepio.com/mobile](http://sleepio.com/mobile).

**Sleep Cycle:** is an intelligent alarm clock that tracks your sleep patterns and wakes you up in light sleep - the natural way to wake up, feeling rested and energized. No need to place your device in bed - Sleep Cycles uses sound analysis sleep tracking.

## Stress (Relaxation)

**Smiling Mind:** is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life.

**InsightTimer:** #1 free app for meditation & sleep.

**Head Space:** Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We will teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.

**Thrive:** helps you prevent and manage stress, anxiety, and related conditions. The game-based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life. Cost £5.99

**WorryTime:** by ReachOut.com gives people a place to store their daily worries. It is a ... but this app will let you know when it's time to ditch a worry and move on.

## Websites:-

<https://www.nhs.uk/apps-library/>

<https://anxietyunited.com/>

<http://www.lifesigns.org.uk/>

<https://www.bigwhitewall.com>

<http://www.harmless.org.uk/>

<https://www.giveusashout.org/>

[www.samaritans.org/how-we-can-help/contact-samaritan/](http://www.samaritans.org/how-we-can-help/contact-samaritan/)

**DISCLAIMER:** These apps are not associated, affiliated, endorsed or sponsored by Derby University. The team have selected apps which you might find useful for information and as possible self- help tools. We cannot guarantee that they will work for every individual but would like to bring these apps to your attention and enable you to take responsibility for selecting one's which you feel might be helpful to you.

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