

## Why download apps?

This leaflet documents a number of apps that are aimed at helping people who are experiences low mood and/or anxiety. You can download them on your **iPhone or Android** phone for **FREE**.

These apps are a brilliant invention that allow people to access **help anywhere and anytime**. It allows you to carry a reliable support and advice tool everywhere you go.

We recommend that parents/carers go through these apps with their child and look at them together to see which apps are best suited for them.

## Apps not for you?

It's OK if Apps are not your thing, there are a number of other techniques you can use to help calm your anxiety or improve your low mood. These are listed on the back page.



## Other techniques that can help

### Talk to someone you trust

Let family or friends know what's going on for you. They may be able to offer support and help keep you safe.

### Right Now Skill

Helps to ground you and make you aware of your surroundings. When you feel overwhelmed, try listing:

- \* 5 things you can see
- \* 4 things you can hear
- \* 3 things you can touch or feel
- \* 2 things you can smell or taste
- \* 1 deep breath

### Make a Self-Soothe Box

Get yourself a box or bag and fill it with things that make you happy. Go to this box when you are feeling down or anxious. Ideas for your box could be:

- A favourite candle
- A photo of a loved one (family, pet, friends)
- Journal and pens
- Headphones to listen to music
- Chocolate
- Favourite book

*Feeling low or  
anxious? Here are  
some...*

**Low  
Mood  
and  
Anxiety  
Apps**

## Daylio

Track your mood by logging it on Daylio. The app displays **your moods in a diary** which allows you to reflect on **which moods you are experiencing the most** and why.



## Catch it

Catch it, check it, change it! **Record your mood and reflect on what impacts it.** See your mood in diary format.



## SAM App

Self-help guides for dealing with anxiety. **Use the toolkit to rate your anxiety** and track what make you anxious. **Access immediate help to help calm your anxiety** and use the anxiety toolkit to add in techniques you find helpful.



## Moodpath

Interactive app where you can **rate and track your mood**. The app takes your results and plots your Moodpath. It also includes a **knowledge page** about anxiety and low mood and **mindfulness courses**.



## What's Up App?

An app that gives you coping **strategies and techniques** to help you get a handle of your negative emotions. There's a **personal page** where you can state your **positive and negative habits** and an **info page** on anger, anxiety, low mood and self-esteem.



## Free happiness

Receive **smile reminders** to take a selfie of you smiling, look back at these selfies when you are feeling low. **Rate your mood** and document what you are **grateful** for!



## Pacifica

An app that helps you **relax**. Rate your health, follow the **audio guided paths** and partake in **community group chats** with other app users. View the discovery page and review your progress through the paths and look at what skills you have learnt.



## WellMind (NHS)

An app that gives **advice** on stress, anxiety and low mood. **Record your feelings** to help manage your wellbeing. There's also a section for **relaxation** and to **play a game**.



## Worry Time

An app where you can program a time to **log your worries and monitor them**. Click 'add worry' and write in what you are worried about. Later, look back at your worries and reflect on how you got through it!

