

List of Useful Apps from MHFA England

Dragon in the Attic (for children)

<http://dragonapp.me/play>

This app, developed by GPs and a group of Year 6 children in Wakefield NHS Trust, aims to teach 8-12 year-olds how to make healthy choices for their mind and body. It uses a game where children are given a pet dragon to look after, to build confidence and educate children about issues such as mental health and bullying.

For Me

<https://www.childline.org.uk/toolbox/for-me/>

This app, created by ChildLine with the input of four teenagers, includes all of Childline's services in an app: direct 1-2-1 access to a counsellor, videos, advice and chat on a range of issues that affect young people. It is safe and discreet, and can only be accessed with a PIN code. Available on iPhone only, with an Android app under development.

Headspace

www.headspace.com

This App teaches mindfulness meditation principles to improve wellbeing.

Moodometer

<http://myhealthapps.net/app/details/363/moodometer>

Developed by 2Gether NHS Foundation Trust, and approved by NHS Choices, this app is an interactive mood diary for monitoring and understanding emotional wellbeing. It includes tips and guidance on how to influence mood.

Moodpanda

www.moodpanda.com

Mood panda is an app-based platform allowing people to track their moods.

Moodscope (Age 14 and over)

www.moodscope.com

Web-based mood tracking and management platform.

StressHeads

<http://www.themix.org.uk/apps-and-tools/stressheads>

Developed by the youth charity 'The Mix' and approved by NHS Choices website, this app aims to help 16-25 year-olds identify and cope with stress. It includes games to help distract young people from immediate stress and monitor causes of stress. Also available as an online game.

Smiling Mind

<https://smilingmind.com.au/>

Created by psychologists and educators in Australia, this is a modern meditation app for young people. It uses mindfulness to boost calmness, contentment and clarity.

StepFinder

<https://www.themix.org.uk/apps-and-tools/our-apps/stepfinder>

Designed by youth charity 'The Mix', StepFinder uses mobile location services to pin-point the nearest local support service, from mental health, to contraception, homelessness and bereavement. It also shows tips and recommendations from others who have already used the service so you know what to expect on your first visit.

SuperBetter

<https://www.superbetter.com/>

This evidence-based app has been created to help young people build resilience to become stronger, happier and healthier. Activities use gaming techniques to help the young person tackle tough challenges, change what isn't working and reach their goal.