

Apps for parents



CBT Companion engage in meditation, feel supported by the community, learn and complete cognitive behavioural therapy based tasks to support low mood, anxiety or depression.



CatchIt helps you turn negative thoughts into more realistic ones and improve your mental wellbeing. Use the app every day, or as much as you need.



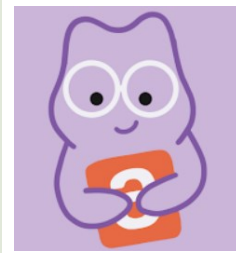
Mood Move Low mood and depression support app – engage, initiate and activate your mood.



Calm Harm Support urges to self-harm using strategies such as 'the 5 minute rule' and 'the 15 minute rule.' Use activities to help reduce the urge to self-harm.



DBT Coach use affirmations, reminders, diary check-ins, gratitudes, reflections, meditation and breathing exercises. Learn about sleep hygiene and nutrition.



InnerHour Track mood, build confidence, fight loneliness, practise deep breathing, visualisations and guided imagery exercises to support depression available.



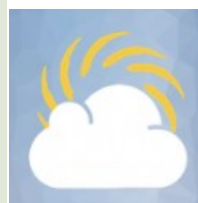
21 Days. Create affirmations, step outside your comfort zone, daily journaling, routine tracker, positive mindset, optimism challenge and many other exercises to support and maintain mental wellness.



#StayAlive The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.



Parent List Juggling family, work and relationships can be overwhelming, so we've developed a whole platform to help you manage the mental load of parenting with more ease.



Bright Sky is a free to download, confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.



Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.



Mood Tools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.