

Fylde Coast Mental Health Support Team
Support and Help IN Education

APP of the Month

These days we use apps in our everyday life. Have you ever considered using them to look after your mental health and wellbeing?



Calm is a mindfulness app for both newcomers and meditation enthusiasts alike. It can help users navigate life's stressors

It's common to feel overwhelmed and anxious. For some, these feelings might be completely unfamiliar, while others might be looking for new ways to cope with, or manage, existing emotions or conditions. Whatever your level of anxiety or unrest, it can be helpful to try your hand at meditation to keep your mental health in check.

Disclaimer

The app developer is solely responsible for their apps advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.

