**Wellbeing Apps**

**There are several apps you can download to support you’re your mental health and wellbeing. Download the following:**

* **Happify -** Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience.
* **Shine -** Daily motivational texts and a library of self-improvement audio, makes self-care easier and helps lower stress and anxiety.
* **Headspace -** Live a healthier, happier, more well-rested life in just a few minutes a day. With guided meditations and mindfulness techniques that bring calm, wellness and balance to your life.
* **My Possible Self -** Take control of your thoughts, feelings and behaviour. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking.
* **Calm -** For sleep and meditation. Experience better sleep, lower stress, and less anxiety.