

Mental Health App Guide

Whether you have a busy schedule, are struggling with sleep or anxiety or just want a simple platform to use to help you relax or access daily support then this app guide will have something for you. The apps that we include have a mixture of different features and resources for you to take advantage of. Current prices are included (correct as of May 2023). Terms and Conditions apply to individual apps. Some priced apps may also be available for free trials as partner offers

Are apps useful?

In truth, it depends what you prefer! For some people they can be a real help in supporting mental health day-to-day or just at times of need. Others may feel uncomfortable about using them and that's okay too. Looking after your mental health is all about finding out what's right for you. There's no point using an app that you simply don't connect with but it's always worth giving them a try, finding out what they offer, and keeping an open mind.

Safety and transparency

This list has been compiled by Metabolic Support UK as an introduction to mental health apps. We do not receive funding from any of the apps included. We are not able to recommend individual apps and it is always worth looking around to see what works for you. Always be aware of internet safety and how apps use your data. Check out this website for useful information: www.getsafeonline.org

Headspace

Headspace offer guided meditation sessions on subjects ranging from anxiety to sleep and dealing with stress as well as hundreds of audible articles focusing on a range of subjects, so no matter who you are, they could have something for you. The app can be used on your computer, tablet or phone.

Age: 16+

What's the cost? Some sections are free. To access the full range of services there is a 14-day free trial if you choose an annual subscription (annual cost £49.99) or a 7-day free trial if you choose a monthly subscription (monthly cost £9.99). There is also a family subscription at £74.99. Students in some countries (incl. UK) can access a discounted rate of £7.99 per year.

Website: <https://www.headspace.com/>

Available on Android and Apple Store.

Calm

Calm offer guided meditation sessions from world-renowned experts, video lessons, calming music and masterclasses from industry professionals. They also offer Sleep Stories, many of which are read by your favourite celebrities! You can access the resources across all devices, so it's brilliant for a quick breathing exercise or video masterclass.

Age: 16+

What's the cost? You can use the app for free with limited resources. For premium services Calm offers its users a free 7-day trial with access to many of their resources. An annual subscription costs £39.99. There's also an annual family subscription for 6 accounts at £40.99. If you absolutely love it, then a 'Calm for Life' subscription is available at £399.99 – a one off payment that gives lifelong access.

Website: <https://www.calm.com/>

Available on Android and Apple Store.

Finch

If you grew up in the 90's you'll love this as it has serious Tamagotchi vibes. Finch offers an online companion which you can take care of. You can send them off exploring by adding and completing daily goals or tasks, and by using any of the tools and techniques available. Sending your 'birb' to explore and by using features on the app helps you to earn rainbow stones which you can buy new outfits and help Finch to grow. Great for adults and kids alike, this is a really cute feelgood app that's good for daily check ins (not essential) and to keep you grounded.

Age: 4+

What's the cost? Most parts of the app can be used for free. There is a 7-day free trial when you sign up for a Finch Plus subscription which costs £34.99 per year. This opens more of the features.

Website: <https://finchcare.com/>

Available on Android and Apple Store.

Wysa

Wysa is a self-help and mood management chatbot which uses cognitive behavioural techniques and conversations that are backed by science. You can select the areas where your main challenges are such as anxiety, depression, loss, health issues, and trauma or you can just skip this. Wysa is friendly and talks through your feelings and helps to reframe thoughts and offers useful techniques to ground yourself. The SOS section in this app also offers a personalized safety plan. Although not a replacement for professional advice, the app is 'emotionally intelligent' and Wysa is billed as a 4am friend and a safe space to talk things out.

Age: 13+

What's the cost? The app is free to use with the option to upgrade to premium. Premium cost from £59.99 (reduced from £99) per year with a 7-day free trial. There is also the option to select guided support which offers 4 dedicated sessions for £24.99 each, billed monthly at £99.99 or for 1 session billed £29.99 for 1 week.

Website: <http://www.wysa.io/>

Available on Android and Apple Store.

Buddhify

Buddhify has the simple goal of providing guided meditation ranging from simple quick reads to in-depth lessons in mindfulness. They have resources for beginners to those with more experience. You're able to customise the sessions to fit your current situation and personal needs, which could be beneficial to some people.

Age: 16+

What's the cost? Buddhify has a one-off download fee of £4.49 for Apple Store and £3.59 for Android. You can also become a member which extends the features for £24.00.

Website: <https://buddhify.com/>

Available on Android and Apple Store.

Catch It

Catch It is an app that uses cognitive behavioural therapy (CBT) techniques. It is a joint project between the Universities of Liverpool and Manchester. The app is used like a diary and records your moods by asking you to select how you feel, reflect on what made you feel that way and the thoughts going through your mind, it then helps you to process these by asking you to reframe them and looking at them from a different perspective. The app is relatively simple to use and you can set up a pin to prevent people from getting access.

Age: 13+

What's the cost? The app is free to use.

Website: www.liverpool.ac.uk/it/app-directory/catch-it/

Available on Android and Apple Store.