








Student Social, emotional and mental health (SEMH) Support

Apps

App Type	Logo	AppStore	Android	Description
Mood Tracker		MoodPanda	MoodPanda	Half moodtracker, half social network. Allows you to choose whether you keep mood private, or share it publicly for support from other MoodPanda users. Also allows you to see how your score compares with the average mood of all other users at that moment.
Mood Tracker		MoodBug		Created by MindApples, allows you to track your mood and share with friends or the public if you want to. Can give 'gifts' to others to say well done, or to cheer them up.
Mood Tracker		Moodometer		Fairly basic moodtracker from the NHS
Meditation		Headspace		Mini 10 minute meditations to help clear your mind. Once you've completed the initial free course you can pay to access more meditations
Meditation		Stop, Breathe and Think	Stop, Breathe and Think	Guide to meditation. Recommends certain meditations based on how you're feeling
Anxiety		MindShift	MindShift	Specifically for young people to help manage anxiety. Lots of tools, techniques and advice

Anxiety		<u>SAM (Self-help for Anxiety Management)</u>	<u>SAM (Self-help for Anxiety Management)</u>	Help with anxiety management. Interactive games and tools
Anxiety		<u>Stress Tips (Anxiety UK)</u>	<u>Stress Tips (Anxiety UK)</u>	Anxiety tracker. Tests to see which form of anxiety you have, audio tips from people with lived experience, information to read
Sleep		<u>Sleep Cycle</u>	<u>Sleep Cycle</u>	Uses the phone's accelerometer to wake you up within a half hour window when you are at the lightest level of sleep- waking up from lighter sleep should help you feel more refreshed and feel better more generally
General		<u>Big White Wall</u>		App version of the website
General		Get Connected		App version of website, also includes competitions and games
General		<u>Personal Zen</u>		Game that has been clinically proven to reduce stress. More info here: <u>http://www.psychologicalscience.org/index.php/news/releases/reducing-anxiety-with-a-smartphone-app.html</u>
General		<u>InHand</u>	<u>InHand</u>	App to help young people through the ups and downs of life. Suggests activities to help based on how you rank your mood
General		<u>HealthyMinds</u>	<u>HealthyMinds</u>	Problem-solving tool aimed at students
General		<u>Recovery Record</u>	<u>Recovery Record</u>	Self-help tool for eating disorders