



## **Useful Apps for Smartphones/IPads**

**Please find below a list of helpful apps...**

**Like in all things we all have different tastes, so you may need to try a few before you find the one that works for you!**

### **Anxiety**

- Pacifica
- End Anxiety
- Calm
- I Can be confident
- At Ease - £2.29
- Anxiety free - £2.99

### **Sleep**

- Sleep App – Insomnia
- Sleep Well Hypnosis
- Relaxing Sounds
- Sleep better

### **Depression**

- 7 cups of tea
- Moodtrack diary
- I can be confident



### **Mindfulness/Relaxation**

- Headspace (£3.60 PM after 1 month free listening)
- Mindfulness daily - £1.99
- Digipill – sleep,relaxation & meditation
- Complete relaxation
- Guided mind
- Happy Healthy