

Useful Smartphone/Tablet apps – Updated June 2018

All apps are available on both Andriod (via Playstore) or Apple (via Itunes)

| Category | Name of app and description |
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| Addiction | No More! – An app that supports you daily in overcoming anything which is holding you back from becoming a better person. It does not matter if you are trying to overcome a serious addiction like drinking, smoking, gambling or trying to improve your life by quitting activities; No More! Can help you overcoming it and look at yourself in the mirror with pride - with a useful sets of features: |
| Anxiety | MindShift - will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: Sleep, Riding Out Intense Emotions, Test Anxiety, perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, Conflict |
| Anxiety | Self Help Anxiety Management - SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been to provide an engaging, flexible, and practical resource. |
| Anxiety/ Depression/ Stress | What's Up? - is an app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds. |
| Depression | MoodTools - is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery. MoodTools contains several different research-supported tools. They include: Thought diary, Activities, Safety Plan, Information, Test, Video |
| Depression | T2 Mood Tracker - is designed to help you track your emotional experience over time and to provide you with a tool to share this information with your health care provider. This app comes with six pre-loaded issues: anxiety, depression, general well-being, head injury, post-traumatic stress, and stress. You can also add customized scales on any topic (e.g., a pain scale). |
| Health | Ask NHS - provides you with improved access to NHS services. You can talk through your symptoms in complete confidence with Olivia, a virtual health assistant. If needed, Olivia will arrange for a call back from a 111 Nurse to discuss your symptoms further. You can also search NHS approved healthcare advice, schedule GP appointments and search opening times/locations of local healthcare services. Ask NHS is available to all patients in the UK over 18. Please note for immediate life-threatening emergencies call 999. |
| Medication | Drugs.com - The easiest way to lookup drug information, identify pills, check interactions and set up your own personal medication records. All mobile-optimized to speed up your browsing experience. |
| Mindfulness | Buddhify - is here to help you bring more calm, clarity and kindness to all parts of your life. Whether you're looking to reduce stress and anxiety, or get a better night's sleep buddhify has easy-to-follow guided meditations to help you live happier and healthier. No need to find the time for a formal meditation session every day, we'll show you how to bring mindfulness to all parts of your life with exercises for whatever you're doing and wherever you are - from travelling, taking a break at work or going to sleep. We'll help you find calm in any situation. |
| Mindfulness | Calm - is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced meditators and gurus. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule. |
| Mindfulness | Headspace -Will help you focus, breathe and perform at your best through the life-changing skills of meditation and mindfulness. In just a few minutes a day, you'll learn how to train your mind and body for a healthier, happier life. Need a bit of relief during a stressful day? Headspace can help. All you have to do is download our free meditation and mindfulness app. Then just sit back, relax and breathe. |
| Mindfulness | Stop, Breathe & Think - the app for meditation & mindfulness, has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations, yoga and acupressure videos, tuned to how you feel. |
| Organisation | Simple Minds - Mind mapping helps you organize your thoughts, remember things and generate new ideas. We've created a beautiful, intuitive app, so you can mind map wherever you are and whenever you want. |

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| Organisation | ASD Planner - This new and innovative app supports people with an ASD by simply allowing them to plan and sequence daily activities. Through an intuitive system the user can organise daily tasks in a step by step manner and add advice, reminders or instructions for each step. The tasks are then linked with a calendar feature allowing activities to be planned ahead and reminders can be set if needed. The app is fully integrated with GPS functionality enabling a user to make full use Google maps and tasks can also be shared via email to others using the app. |
| Organisation | GoConqr app helps make learning easier. Access great learning resources like Mind Maps, Flashcards, Quizzes, Slides and Notes, or use the GoConqr app for social learning and connect and collaborate with friends, classmates and learners in Groups. |
| Panic | Stop panic & Anxiety – Self help – Use Panic Assistance audio to coach you when you experience a panic attack and to help you learn to tolerate and control the anxiety symptoms. Also, can be used to assist with exposure therapy for Agoraphobia. |
| Safety | iOkay , register your parents and friends, and with a single touch on the green button, let them know that you're OK and send them your exact location, or, with a single touch on the red button, you ask for help immediately . You can also send your GPS coordinates in real time. |
| Safety | SafeZone - is a FREE app that connects you directly to your organization's response team when you need help. |
| Self harm | Calm Harm - provides tasks to help you resist or manage the urge to self-harm. Get started by setting your password so that it's completely private. The app then provides you with four categories of tasks to help you surf the urge. 'Distract' helps in learning self-control; 'Comfort' helps you care rather than harm; 'Express yourself' gets those feelings out in a different way and 'Release' provides safe alternatives to self-injury. There is also a 'Breathe' category to help calm and get back in control. |
| Stress | Pacifica - Stress, anxiety , and depression can get in the way of you living your life. Pacifica gives you psychologist-designed tools to address them based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation, and mood/health tracking. |
| Suicide | Stay Alive - This app is a pocket suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. |
| Suicide | MYPLAN - was created with the intention of being a self-help tool for management of suicidal crisis. By being readily available, the app intends to enhance feelings of being safe both for the user as well as their family and friends. In addition, the app is designed to increase awareness of crisis symptoms by improving recognition of these and establish own experience with self-help skills. |
| Wellbeing | Happify How you feel matters. Whether you're feeling stressed, anxious, depressed, or you're dealing with constant negative thoughts, Happify brings you effective tools and programs to take control of your emotional well-being. Our proven techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness and cognitive behavioural therapy for decades. |
| Wellbeing | WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing. Record and monitor your feelings to track your moods over time, Remind yourself what you're looking forward to, track your daily achievements, and log what you're grateful for to encourage good mental health, Add reminders to boost your wellbeing, or events that you're looking forward to. |
| Wellbeing | Chill Panda is a new type of app that allows us to start to understand how their bodies respond to different feelings. To start learning about this you can use the app to take your heart rate, use a simple scale to rate your feelings, and then do some play based activities demonstrated to you by a panda avatar. It aims to enhance self-regulation of emotions by introducing ideas and skills that could help children and families understand the relationship between their feelings, body sensations and different activities. |
| Wellbeing | Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. |

Swansea University/Wellbeing services take no responsibility for the content, cost or use of these applications – they are just a useful guide based on feedback from students & staff who have used them.