

Please find below links that can support you with stress and anxiety, there is also a link to the NHS website at the bottom of the list where there are further resources of support.

<https://www.nhs.uk/apps-library/catch-it/>

Learn how to manage feelings like [anxiety](#) and [depression](#) with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

<https://www.nhs.uk/apps-library/chill-panda/>

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

<https://www.nhs.uk/apps-library/cove/>

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking

<https://www.nhs.uk/apps-library/silvercloud/>

SilverCloud is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.

<https://www.nhs.uk/apps-library/togetherall/>

Togetherall is an online community for people who are stressed, anxious or feeling low.

The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or 1-to-1 therapy with therapists.

<https://www.nhs.uk/apps-library/worrytree/>

The WorryTree app aims to help you take control of worry wherever you are.

You can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries. It can also help you create an action plan for managing worry.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

38 different organisation that are recognised by the NHS