



MEDIGOLD  
HEALTH

# MENTAL HEALTH APPS LIST

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## Hub of Hope

- Focus:** Finding local mental health support services
- Features:** Database of mental health support services, crisis text line, direct access to immediate help
- Platforms:** iOS, Android
- Website:** [Hub of Hope](#)



## Togetherall

- Focus:** Online community and support
- Features:** Peer support, guided group courses, self-assessment tools
- Platforms:** iOS, Android
- Website:** [Togetherall](#)

## Catch It

- Focus:** Managing anxiety and depression
- Features:** Mood tracking, CBT techniques, thought diary
- Platforms:** iOS, Android
- Website:** [Catch It](#)



# MENTAL HEALTH APPS LIST

## WorryTree

**Focus:** Managing anxiety and worry  
**Features:** Worry diary, CBT techniques, action plans  
**Platforms:** iOS, Android  
**Website:** [WorryTree](#)



## Calm Harm

**Focus:** Managing self-harm urges  
**Features:** Activities to manage and resist self-harm urges, mood tracking  
**Platforms:** iOS, Android  
**Website:** [Calm Harm](#)

## MyPossibleSelf

**Focus:** Managing stress, anxiety, and depression  
**Features:** Modules based on CBT techniques, mood tracking, insights  
**Platforms:** iOS, Android  
**Website:** [MyPossibleSelf](#)



# MENTAL HEALTH APPS LIST

## Sorted: Mental Health

**Focus:** Improving mental wellbeing

**Features:** Audio programmes based on Positive Mental Training, relaxation techniques

**Platforms:** iOS, Android

**Website:** [Sorted: Mental Health](#)



## SilverCloud

**Focus:** Mental health and wellbeing support

**Features:** Evidence-based programmes for stress, anxiety, depression

**Platforms:** Web-based (accessible through GP referral)

**Website:** [SilverCloud](#)

## Thrive

**Focus:** Preventing and managing stress and anxiety

**Features:** CBT techniques, mood tracking, relaxation exercises

**Platforms:** iOS, Android

**Website:** [Thrive](#)



# MENTAL HEALTH APPS LIST

## Stress & Anxiety Companion

- Focus:** Managing stress and anxiety
- Features:** Breathing exercises, thought diary, guided meditation
- Platforms:** iOS, Android
- Website:** [Stress & Anxiety Companion](#)



## Bluelce

- Focus:** Managing self-harm
- Features:** Mood diary, coping strategies, emergency contacts
- Platforms:** iOS, Android (through clinical referral)
- Website:** [Bluelce](#)

## Tellmi

- Focus:** Peer support for teenagers
- Features:** Safe and moderated community, mental health resources
- Platforms:** iOS, Android
- Website:** [Tellmi](#)



# MENTAL HEALTH APPS LIST

## Headspace

**Focus:** Meditation and mindfulness

**Features:** Guided meditations, mindfulness exercises, sleep sounds

**Platforms:** iOS, Android

**Website:** [Headspace](https://www.headspace.com)



## Calm

**Focus:** Sleep, meditation, and relaxation

**Features:** Guided meditations, sleep stories, breathing programs, music

**Platforms:** iOS, Android

**Website:** [Calm](https://www.calm.com)

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