

Free apps for low mood, anxiety, PTSD (Android & iOS)

Good for	Name of app	What it offers...
Anxiety	Breath2relax	Stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. 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. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.
Anxiety	SAM (Self-help for anxiety)	SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection. The "Social cloud" feature will enable you to share your experiences with the SAM community while protecting your identity
Anxiety / low mood	Pacifica	Daily tools for stress and anxiety alongside a supportive community. Based on Cognitive Behavioral Therapy & Meditation
General relaxation / insomnia	Relax Melodies	Helps with insomnia & stress - Use a combination of sounds, melodies, guided meditations, brainwaves beats and even your own music to create that perfect ambience
Anxiety	Mindshift	Targeted for young people. Offers strategies for facing anxieties related to socialising and school, keeping a diary, positive thinking exercises, symptoms trackers, and relaxation tips
Low mood	Day lio (android only)	mood tracker for low mood
PTSD	PTSD Coach	Psychoeducation and symptoms management. Includes tools for screening and tracking symptoms and manage anxiety symptoms
Mindfulness	Buddify	A range of guided mindfulness exercises for all occasions (sleep, body scans, pain, difficult emotions, travelling, parks & nature, walking in a city, eating
Mindfulness	Headspace (free trial)	Mindfulness exercises and tracker
Self-Harm	Calm Harm	The app uses ideas from an evidence-based therapy called DBT. The focus is to help learn to identify and manage your 'emotional' mind with positive impact. The app enables you to track your progress. Please note that the app is an aid in treatment but does not replace it.