

USEFUL SELF-HELP APPS

**NO
LiMiTs**
Helping Young People
Help Themselves



Here are some of our top picks for self-help apps for your phone. Topics include self-harm, suicide and mental health crisis, anxiety, general mental wellbeing, alcohol use and personal safety.

All apps are available on the Apple App Store and Google Play.



Calm Harm: Helping young people manage the urge to self-harm.



DistrACT: Trusted information for people who self-harm or feel suicidal.



Stay Alive: Helping you to plan and stay safe during a mental health crisis.



HarmLess: Empower your resilience against self-harm and life's stresses.



Tellmi: Share your mental health concerns anonymously and get help and advice.



MyPossibleSelf: Your companion for anxiety, sleep, stress, depression and wellbeing.



Mindshift CBT: Manage your anxiety and stress using cognitive behavioural therapies.



I Am: Daily affirmations to help build self-esteem and change negative thoughts.



Calm: Helping you to sleep more, stress less and live mindfully.



Headspace: Lifelong guide to mental health, mindfulness and meditation.



Catch It: Better understand your moods using an ongoing mood diary.



Finch Self Care: A self-care pet app helping you feel prepared and positive one day at a time.



Kinder World: Wellbeing Plants: Find peace and relaxation in everyday life as you raise plants.



Tiimo: Daily planning and learning app designed for neurodiverse individuals.



Habitica: Habit-building and productivity app to gamify your tasks and goals.



I Am Sober: Get motivated by tracking sober days and build new habits and connections.



Everything AA: Helping you on your Alcoholics Anonymous Journey.



Callie: Take control of your personal safety.



Hollie Guard: Turn your phone into a personal safety device and help protect you from violence.



WalkSafe+: Travel safely, create a safety circle and enjoy a safer experience when out with friends.



Y-Stop: Record yourself and monitor how Police Stop & Search is conducted.