

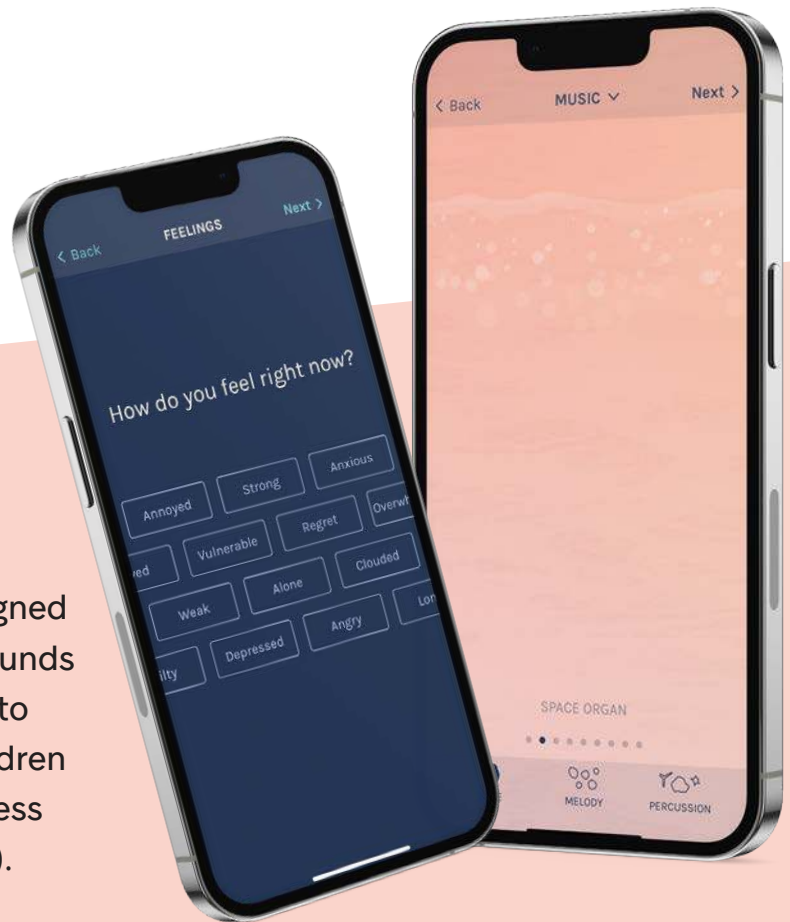
Apps that promote mental health

All apps available on



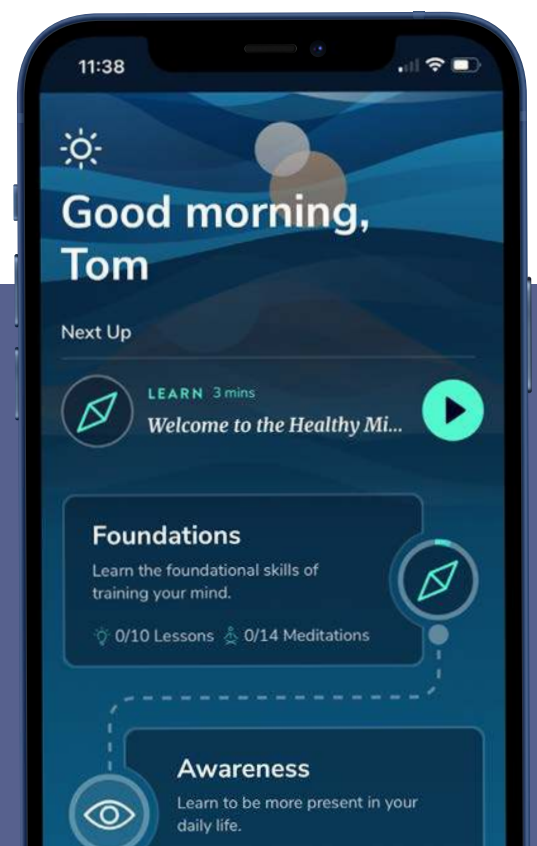
Cove

Cove is a 'virtual creative journal' designed for us to use music and visual backgrounds to express ourselves. This app is easy to use and is particularly suitable for children who may not be ready or want to express themselves with words. iBreathe (free).



Healthy Minds Programme

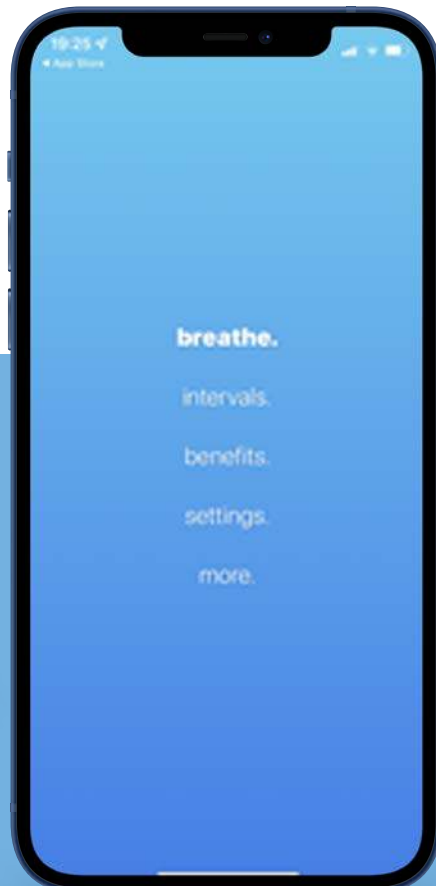
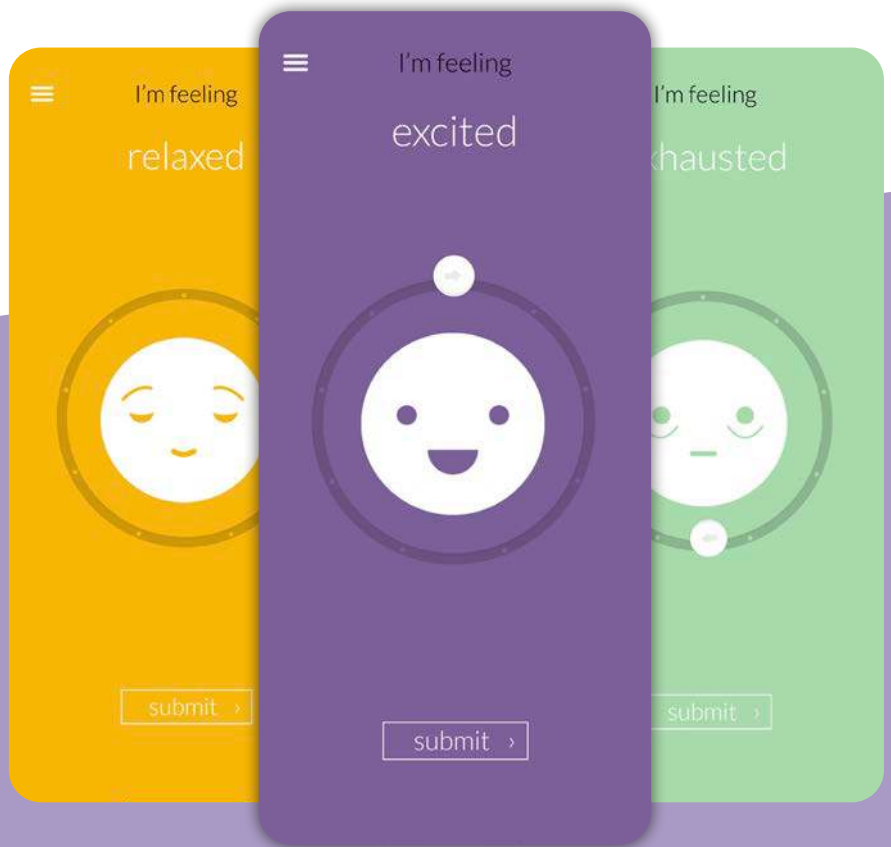
This app offers activities that help us to develop better awareness, feel more connected, become curious of our emotional reactivity and stay motivated. Each activity is guided by an audio clip under 10 minutes, helping people who lead a busy lifestyle to stay mindful.





HealthyMinds

HealthyMinds offers a mood-tracking function. It suggests activities and exercises in support of your mood and have age-appropriate materials for both young people and adults.



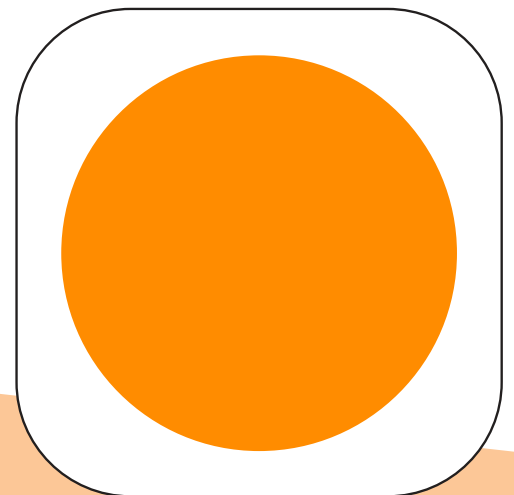
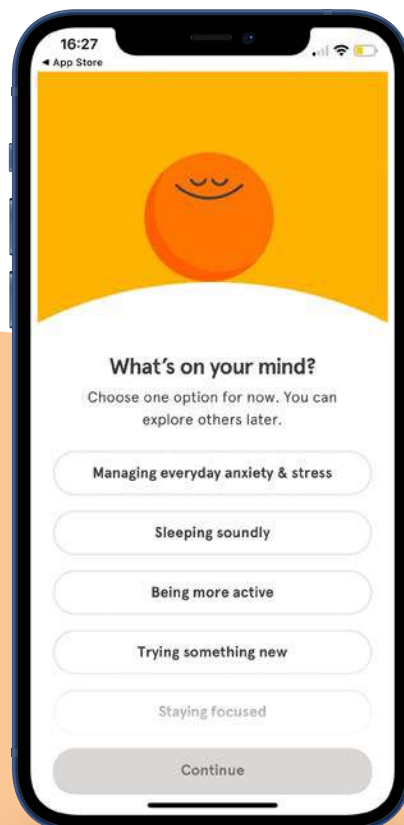
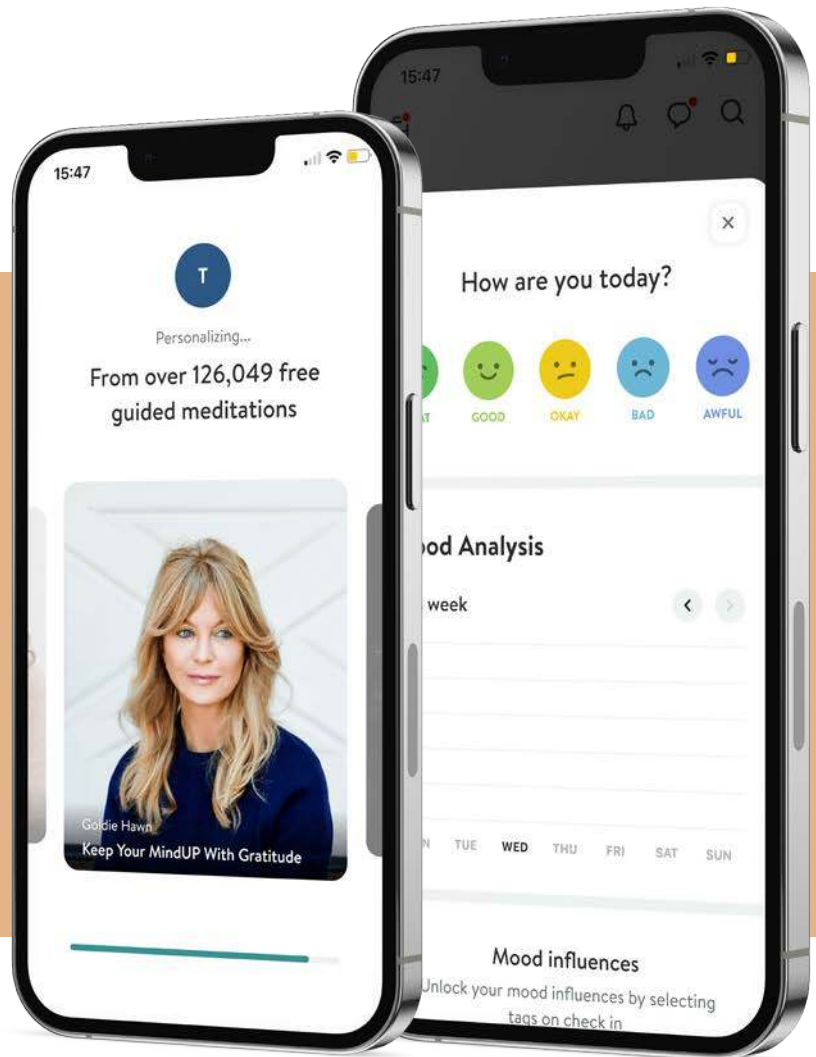
HealthyMinds

Breathe offers audio guide for deep breathing exercises in support for people experiencing stress, anxiety or those who want to bring greater attention to their minds.



Insight Timer

Insight Timer features a timer for your meditation time as well as live yoga classes, guided



Headspace

Headspace features wellbeing check-in, guided breathing exercises, tension-releasing exercises and short guided meditation.



Calm

Calm offers a wide range of mindfulness tracks, including guided meditation, soundscapes, guided movements, help for sleep and positive messages for children.

