



## APPS AND WEBSITES TO HELP YOUR MENTAL HEALTH

There are lots of apps and websites out there full of information and activities to help look after your mental wellbeing. Here's a few ideas:



### Calm Harm

This app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way.



### MyLife Meditation

An award-winning meditation and mindfulness app that helps you find your quiet place. It allows you to check in with how you're feeling, and recommends short guided meditations and mindfulness activities, tuned to your emotions.



### MindShift CBT

Developed by Anxiety Canada, MindShift uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking.



### CLEAR FEAR

#### Clear Fear

Clear Fear uses a Cognitive Behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses.



### Booster Buddy

A fantastic app designed to help teens and young adults improve their mental health. Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.



### Stay Alive

Stay Alive is a suicide prevention app packed full of resources, useful information, and tools to help you stay safe or help someone else.



### InnerHour - Self-Care Therapy

The aim of this app is to support you to create a happier and healthier life with a range of therapy-based self-help tools and techniques designed for your mental health needs.

