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| There are many Apps for smartphone and tablet that aim to help you to manage you mental health.  (*The fact that Apps are listed here does not mean that they are endorsed by the University of Birmingham.)* | | |
| App Name | **Platform** | **Price** |
| 5 Minute Relaxation | Windows Phone | Free |
| Acupressure: Heal Yourself | iOS  Android | £1.99 |
| Attitudes of Gratitude | Android version | Free |
| Breathe2Relax | iOS  Android |
| Buddha Board | iOS |
| Chakras Meditation | Windows Phone |
| Gratitude Journal | iOS |
| Happify | iOS  Android  Web |
| Headspace | iOS  Android  Web | 10 Day Trial Free  then from £5.99/Month |
| Health Through Breath: Pranayama Lite | iOS  Android | Free |
| My Mood Tracker | iOS | £9.99 |
| Nobly | iOS | Free |
| Pacifica | iOS  Android  Web | Free |
| Pay it Forward | Android | Free |
| Personal Zen | iOS | Free |
| Relax Melodies | iOS | Free |
| Relax Melodies | Windows Phone | £2.29 |
| Relaxiness Rain Sounds | Windows Phone | Free |
| SAM (Self-Help Anxiety Management) | iOS  Android | Free |
| SleepWin | Windows Phone | Free |
| T2 Mood Tracker | iOS  Android | Free |
| The Worry Box | iOS | Free |
| Worry Watch | Android version |  |
| Zen Brush | iOS  Android | £2.99 |
| Zen Mindfulness | Windows Phone | £2.29 |
| Zen of the Day | Windows Phone | Free |
| Please note that Apps described as free may include in-app purchases | | |