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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 | iOSAndroid | £1.99 |
| Attitudes of Gratitude | Android version |   Free |
| Breathe2Relax | iOSAndroid |
| Buddha Board | iOS |
| Chakras Meditation | Windows Phone |
| Gratitude Journal | iOS |
| Happify | iOSAndroidWeb |
| Headspace | iOSAndroidWeb | 10 Day Trial Freethen from £5.99/Month |
| Health Through Breath: Pranayama Lite | iOSAndroid | Free |
| My Mood Tracker | iOS | £9.99 |
| Nobly | iOS | Free |
| Pacifica | iOSAndroidWeb | 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) | iOSAndroid | Free |
| SleepWin | Windows Phone | Free |
| T2 Mood Tracker | iOSAndroid | Free |
| The Worry Box | iOS | Free |
| Worry Watch | Android version |  |
| Zen Brush | iOSAndroid | £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 |