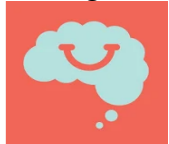


Mental Health Apps for Young People

This resource includes a list of apps that have been rated using the Mobile App Rating Scale (MARS) by members of the Psychology Department of North Dublin Child & Adolescent Mental Health Services (CAMHS). The apps are grouped into categories: a list of apps that are helpful for general mental wellbeing (mindfulness, relaxation, breathing etc.); additional lists of apps for supporting young people with **anxiety, low mood, self-harm, eating disorders**.

Take a look and see what ones might be helpful for you or the young person in your life:

General mental wellbeing	
IamMe 	An interactive knowledge sharing platform, incorporating videos/audio and enables each young user to track how they are feeling, monitoring their own levels of happiness, stress and headspace amongst many other things. The content areas are educational and provide information on a variety of subjects including top tips of different things that young people can incorporate into their daily lives to make simple changes towards creating more positive mental health. Cost: Free Available on: iPhone and Android Website: https://www.iammeapp.com/
MyLife 	(Previously Stop, Breathe, Think) This meditation and mindfulness app helps the user find a quiet place by checking in with how they're feeling, and recommending short guided meditations and mindfulness activities, tuned to their emotions. Cost: Free Available on: iPhone and Android Website: https://www.stopbreathethink.com
Smiling Mind 	Smiling Mind is a unique tool developed by psychologists and educators to help bring you balance through mindfulness and meditations. The programmes are designed to assist people in dealing with the pressure, stress, and challenges of daily life. For young people, there are a number of specific courses tailored for younger and older teens to help with transitions, sleep and study. Cost: Free Available on: iPhone and Android Website: https://www.smilingmind.com.au/smiling-mind-app
SuperBetter 	SuperBetter is a free web and app-based programme created by game designers. Playing SuperBetter supports personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Note: SuperBetter is for young people over the age of 13. Cost: Free Available on: iPhone and Android Website: https://www.superbetter.com
Virtual Hope Box 	Contains simple tools to help people with coping, relaxation, distraction, and positive thinking. Use the VHB to store a variety of multimedia content that you find personally supportive in times of need (e.g. family photos / videos / recorded messages / quotes / music / reminders of previous successes and goals). Other activities: positive activity planning, distraction tools, relaxation and breathing exercises. Cost: Free Available on: iPhone and Android

Low mood and anxiety (including OCD)

Mood Mission 	MoodMission helps the user learn new and better ways of coping with low moods and anxiety through tailored missions. Missions are activities and mental health strategies that are quick, easily achievable, and backed up by scientific evidence (e.g. meditation, exercise and fitness, behavioural activation). Cost: Free with optional in-app purchases Available on: iPhone and Android Website: http://moodmission.com
Mindful gNats 	Mindful Gnats is an app designed to teach young people simple mindfulness and relaxation skills. These skills can help to reduce stress, and improve awareness of body, mind and world (e.g. relaxation, breathing, body scan and mindfulness of sounds). This app might be helpful for younger teens. Cost: Free Available on: iPhone and Android Website: http://www.mindfulgnats.com
GGOC: OCD 	This app aims to improve OCD symptoms, specifically negative thinking, by increasing the user's awareness of negative thoughts and training the brain to identify and challenge them. The first few levels aim to promote automaticity of positive self-talk. Later themes include self-esteem, belief in change, self-criticism, negative thinking, coping, and more. Cost: Free with optional in-app purchases Available on: iPhone and Android Website: https://ggapps.net/2018/04/11/ggoc-ocd-training-app/

Self-harm and crisis

CalmHarm 	Calm Harm provides tasks to help users resist or manage the urge to self-harm. The app then provides four categories of tasks to help the user surf the urge. 'Distract' supports self-control; 'Comfort' supports care rather than harm; 'Express yourself' gets feelings out in a different way and 'Release' provides safe alternatives to self-injury. There is also a 'Breathe' category to help calm and get back in control. Note: App is suited for young people aged 13+. Cost: Free Available on: iPhone and Android Website: https://calmharm.co.uk/
Coping Skills 	This app will provides skills for emotional emergencies such as panic or strong urges to harm or hurt oneself, and also has guided meditation to help sleep or calm. Based on Dialectical Behavioural Therapy (DBT) and Mentalization Based Therapy (MBT). Cost: €1.39 Available on: iPhone and Android Website: https://www.steppingstonesclinic.uk/event/coping-skills/

Eating Disorders

HSE Clinical Programme for Eating Disorders 	The app provides information for people worried about an eating disorder (ED), with an ED diagnosis, and family and friends who care for them. The app is comprehensive and relevant to Irish services, and it provides information on service type, therapy type, etc. There are sections on self-care, resilience, bibliotherapy, blogs, etc. The personalised sections contain contact lists, notes, planners and motivational quotes. Cost: Free Available on: iPhone and Android Download: https://ncped.selfcareapp.mobi
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Brain training and ADHD

Brain Wars 	BrainWars is a mental concentration battle game for players from around the world. Players can participate in this through simple brain teasers and compete with other gamers. Brain Teasers do not require special knowledge so everyone can improve their brain function through repetition and adaptation. Cost: Free with optional in-app purchases Available on: iPhone and Android
Lumiosity 	Lumiosity has daily brain training exercises for the mind including memory, attention, flexibility, processing speed and problem solving. The app uses a daily fit test to determine what cognitive training would be best suited to the user. Cost: Free with optional in-app purchases Available on: iPhone and Android

Sleep

Tide 	Tide is an app aimed at physical and mental care by integrating sleep, meditation, relaxation and focus. The app aims to help users relieve stress, stay focused, relax with mindfulness, and sleep better at night. Cost: Free with optional in-app purchases Available on: iPhone and Android
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Apps for parents/family members supporting a young person with mental health difficulties

Combined Minds 	When a child or young person is experiencing mental health difficulties families and friends want to support them in the best way but also know when to step back. This app helps families and friends to find ways to provide the right environment to help a young person with mental health difficulties that they are supporting. Cost: Free Available on: iPhone and Android
Calm 	Calm is a guided meditation app to help reduce stress and enhance wellbeing. The 7-step program teaches meditation, with adjustable nature scenes and relaxing music tracks. Sessions range from 2 to 30 minutes on the topics of focus, creativity, energy, confidence, sleep and more. Cost: Free with optional in-app purchases Available on: iPhone and Android

MARS reference: Stoyanov SR, Hides L, Kavanagh DJ, Zelenko O, Tjondronegoro D, Mani M. (2015). Mobile App Rating Scale: A New Tool for Assessing the Quality of Health Mobile Apps. *JMIR Mhealth Uhealth*, 3(1):e27, doi: 10.2196/mhealth.3422.

This resource was developed by UCD Psychologists in Clinical Training Alanna Donnelly, Karen Neylon and Theresa Ryan-Enright during their placements with North Dublin CAMHS.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



HSE Mental Health Services