

Stress Busting Apps from the NHS

[How the NHS assess apps](#)

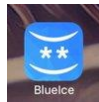
The NHS assessment makes sure only safe and secure apps are published in their library.

<https://apps.beta.nhs.uk/?category=Mental%20Health>



[Active 10 walking tracker](#)

The Active 10 app will help you get into the habit of walking briskly for ...
Healthy living **Free**



[BlueIce](#)

BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges ...
Mental health **Free**



[BMI calculator](#)

Use the NHS body mass index calculator to measure and track your weight. Find out ...
Healthy living **Free**



[Brush DJ](#)

Brush DJ plays two minutes of your music so you brush your teeth for the ...
Dental **Free**



[Baby and Child First Aid](#)

The British Red Cross Baby and Child First Aid app provides simple, easy-to-learn skills to ...
First aid Pregnancy and baby **Free**



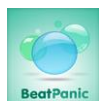
[Baby Buddy](#)

The Baby Buddy app guides you through your pregnancy and the first 6 months following ...
Pregnancy and baby **Free**



[Be Mindful](#)

Be Mindful is an online course for reducing stress, depression and anxiety. It guides you ...
Mental health £30.00



[Beat Panic](#)

Beat Panic is designed to guide people through a panic attack or raised anxiety using ...
Mental health £0.99



[BECCA Breast Cancer Care App](#)

Breast Cancer Care's BECCA app provides specialist support to help you live with, through and ...
Cancer **Free**



[Big White Wall](#)

Big White Wall is an online community for people who are [stressed](#), [anxious](#) or feeling ...
Mental health Online community £9.99/month. **Free in some areas**