Calm harm: Helps you resist the urge to self-harm. Helps to comfort and distract you, express yourself, release tension and provides breathing exercises.

Headspace: Focuses on mindfulness for different situations including sleep, stress, work, eating, relationships and many more.

What's Up?: Self-help for depression, anxiety, anger and stress. Includes grounding techniques, breathing exercises, diaries and positive affirmations.

MindShift: Helps you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

Stay Alive: Provides resources to help you stay safe if you are having thoughts of suicide.

ReachOut WorryTime: Helps you to set out specific time to deal with worries so you can get on with your day.

Daylio: Mood tracking app which helps you to better understand your triggers and collect your thoughts.

SAM (self-help for anxiety management): Helps you understand the causes of your anxiety and to manage it.

Wysa - Mental Health Support, for everyone. Talk to Wysa and share things that are on your mind, even if they are things that you're not ready to share with another human.

MeeToo: allows you to talk anonymously about difficult things with other people of a similar age or experience. You can get help with your problems or use your experiences to help others