

# APPS TO SUPPORT YOUR MENTAL HEALTH

A health app can help you keep well while you wait to be seen by a healthcare professional on the NHS. Scan a QR code below to try out a health app that can support you on your journey to becoming Smoke Free.

1



Open the camera app on your smartphone.

2



Point your smartphone at the QR code you want to scan.

3



Click the link that pops up and then download the app.



## Autism Parent Support Healthy Living



**Description**  
Autism Parent Support is a social network and support group for parents of kids with autism. Get the emotional support you need from others.



## Combined Minds Healthy Living



**Description**  
Combined Minds provides activities for young people and their family to do together.



## disTRACT Healthy Living



**Description**  
distrACT is an app to help you manage feelings of self-harm or suicide.



## Headspace Healthy Living



**Description**  
Headspace is an app that helps you meditate, focus, sleep well and wake up well. It also provides exercise guides.



## TellMi Healthy Living



**Description**  
Tellmi has a chat forum where everyone is anonymous. You can post how you feel and get support.



## Smiling Mind: Meditation App Healthy Living



**Description**  
Smiling Mind works by showing you how to practice mindfulness meditation. You can also view guides on how to sleep well.