

Apps to Help You be Happy and Successful

Feeling Anxious or Stressed? Many students find that using an app regularly can help them to feel happier; more calm, and more in control of their lives 😊

All free to download - beware, some have costs for premium use.



Happy Not Perfect

Happy Not Perfect - everything you need to look after your mind in a fun new way.



Smiling Mind

Mindfulness meditation app developed to help bring balance to your life.



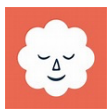
MindShift

MindShift is an app designed to help teens and young adults cope with anxiety.



What's Up?

A free app to help you cope with depression, anxiety, anger, stress and more!



STOP THINK BREATHE

Tame your anxiety; reduce stress; sleep better; track your mood & progress



SAM: Self-help for Anxiety Management

SAM offers a range of self-help methods for people who are serious about learning to manage their anxiety.