

Apps and Self-help Resources for People Experiencing Distress

All apps are free to download (iOS and android)

Suicide prevention:



Stay Alive

Pocket suicide prevention resource for those experiencing thoughts, or worried about someone else experiencing suicidal thoughts.



Better Stop Suicide

Press your own stop button should suicidal thoughts come to you. This app includes features such as calming audio files, gratitude check list, emotional needs 'quick' check and helpful tasks to feel better.



Suicide Safety Plan

Designed for those experiencing suicidal thoughts and help prevent suicide. Includes warning signs, coping strategies, reasons to live, contacts and places for distraction.

Self-harm:



Calm Harm

Reduce urges to self-harm and manage emotions in a more positive way.



distrACT

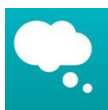
Quick and discreet access to information and advice about self-harm and suicidal thoughts.



TalkLife

For those struggling with mental health, self-harm and isolation.

General: worry, anxiety and stress



Catch It

Learn to manage negative thoughts and look at problems differently.



My Possible Self: Mental Health

Learn how to manage fear, anxiety and stress.



Moodpath

Personalised mental health companion with techniques to improve emotional wellbeing.