



Apps can help with your mental health



The Health and Social Care apps library has information about mental health and wellbeing apps for adults.

- ✓ Free to access
- ✓ Helps you self-manage your mental health and wellbeing
- ✓ Independently reviewed and scored
- ✓ Information kept up to date
- ✓ Safe to use (data security and privacy assured)
- ✓ Developed with clinical input and advice

You can find apps to help with general wellbeing, sleep, anxiety, stress and more at <https://apps4healthcareni.hscni.net/en-GB/feeling-anxious>

