

NHS Digital Tools Library

Recommended Health Apps

Mental Health



Improve your wellbeing with **Chill Panda**. The app measures your heart rate and suggests tasks to suit your state of mind.



Cove lets you create music to capture your mood using sounds to reflect emotions like, sadness, calm and anger.



Cypher is a space to share your feelings and secrets, give and receive support, and connect to other support organisations.



Bluelce is an evidenced-based app to help young people manage their emotions and reduce urges to selfharm.



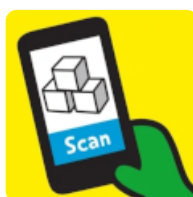
Healthy Living



The **Active 10** app will help you get into the habit of walking briskly for 10 minutes every day.



Use the **NHS BMI** calculator to measure and track your weight. Find out if you're underweight, a healthy weight or overweight and get relevant advice.



The **Change4Life** Food Scanner app lets you scan the sugar, saturated fat and salt in everyday foods and drinks.



Couch to 5K is designed to get you off the couch and running 5km in just nine weeks.



Dementia



Talking Point provides a space for you to ask questions, share experiences about any aspect of dementia.



NHS Smokefree 28-day plan helps people stop smoking for good. You get daily messages to keep you motivated, badges to reward your progress.



Rally Round is a secure online tool that allows family, friends and carers to organise support for an older person.



Smart Recipes - search many easy, calorie-counted recipes across breakfast, lunch, dinner, and snacks, feeding a family of 4 for around £5.

