Apps Resources List

1. **Finding trusted apps**
   - The NHS Apps Library includes apps which have been assessed to NHS standards: nhs.uk/apps-library
   - The Orcha website provides reviews and assessments of health apps, including how data is used and stored: orcha.co.uk

2. **General health apps**
   - The NHS App: nhs.uk/using-the-nhs/nhs-services/the-nhs-app. Access a range of NHS services on your smartphone or tablet.
   - myGP: mygp.com. Book GP appointments, order repeat prescriptions and set up medication reminders on your smartphone.
   - ChatHealth: nhs.uk/apps-library/chathealth. A messaging service allowing you to anonymously contact health care professionals.
   - NHS Go: nhsgo.uk. Providing young people with confidential health advice and greater access to health information.

3. **Mental wellbeing apps**
   - Catch It: liverpool.ac.uk/csd/app-directory/catch-it. Learn to look at problems differently, turn negative thoughts into positive ones and improve your mental wellbeing.
   - Worry Tree: worry-tree.com. Notice, record and manage worries using cognitive behavioural therapy techniques.
   - MeeTwo: meetwo.co.uk. A safe and secure forum for teenagers wanting to discuss any issue affecting their lives.
   - Calm Harm: calmharm.co.uk. Designed to help people resist or manage the urge to self-harm.

4. **Physical wellbeing apps**
    - One You apps: nhs.uk/oneyou/apps. A range of free apps including ACTIVE 10, Couch to 5K and Drink Free Days.
    - iPrescribe Exercise: iprescribeexercise.com. A 12-week exercise plan based on information entered by the user.