

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.

  Free



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

 Free



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

  Free



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

 Free



Kooth provides free and anonymous support for children and young people in Kingston borough.

 Free



Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games.

 £2.99

Dementia



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

 Free



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

 Free

Diabetes



Mapmydiabetes has information, guidance, & self-help tools to support your management of type 2 diabetes.

 Free



MumoActive makes tracking your type 1 diabetes quick and easy so you can get on with your life.

 Free



Oviva app offers personalised support from a specialist dietitian to help you improve your health.

 Free via GP

Learning Disability



My Health Guide is an easy-to-use communication tool for adults with learning disabilities.   £12 pa



MyChoicePad has over 4,000 symbols and signs from the Makaton language to communicate feelings, choices and needs.   £4.99 pm

Pregnancy & Baby



The **British Red Cross Baby and Child First Aid** app provides simple, easy-to-learn skills to help a baby or child in a first aid emergency.   Free



Use the **Kicks Count** app to keep track of your baby's movements in the womb and look out for any changes.   Free



The **Peanut app** makes it easy for mothers to meet up, share parenting advice and support each other. Find local, like-minded mothers   Free



Squeezy helps women to remember to do their pelvic floor muscle (kegel) exercises and to do them in the right way.   Free

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.   Free



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



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



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



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



The **Student Health App** provides easy access to more than 900 pages of reliable health information all in one place.  

Free