


Apps for Health

We have picked a selection of interesting apps to help you manage your health. Click on the pictures to read more.





Mental Health





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





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




distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. Free  





eQuoo: Emotional Fitness Game uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills.  
Free with in app purchases



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


Cancer




Breast Cancer Now's Becca app provides specialist support to help you live with, through and beyond breast cancer. Easy-to-use flashcards give information, support and inspiration to anyone struggling to find their "new normal" following diagnosis.   Free

Dementia




My House of Memories app lets you explore objects from the past and share memories together. Free 

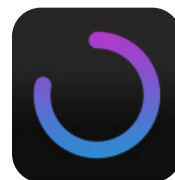



MyCognition Home is a brain training app for the entire family to help them think faster, focus better, and improve decision-making and memory. 
Free with in app purchases

Diabetes





The ACR Digital Urinalysis app enables you to test the concentrations of protein in the blood and waste product) in a sample of your pee. Free 



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



mySugr diabetes app allows you to track your blood sugar, record your carbohydrate intake, estimate your HbA1c, and much more. Free  



You can download these apps to your phone or tablet from the Apple Store or Google play. You can also visit the website to sign up to other services.

NHS COVID



NHS COVID 19 Protect your loved ones with the official NHS COVID-19 contact tracing app for England and Wales.

Free  



NHS App where you can book GP appointments, order repeat prescriptions and access a range of other healthcare services.

   Free



The **NHS Go** app provides young people with confidential health advice and greater access to health information. You can find local services in some areas and learn about health and your rights as a user of the NHS.

   Free

Various



The **ShopWell** app can help you match foods to all of your health needs.. You can make nutritious shopping lists that you can take to the shop.

  Free



Pill Monitor App Skipping important meds can lead to health problems that keep you from enjoying your favorite activities.

Free 



MINT APP Easily connect all your accounts. From cash and credit to loans and investments, you can see your complete financial picture in Mint.

Free  



Magnifying Glass with Light There will always be a time where the menu writing is too small or the room is just too dark. This is just what you need.

Free  

ONE YOU



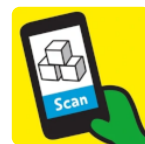
The **Active 10** app will help you get into the habit of walking briskly for 10 minutes every day.

Free  



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   



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

Free  



Find and connect with people with a similar health condition using **HealthUnlocked**. The service has over 700 online communities and 4 million monthly users.

   Free



First Aid by British Red Cross The free First Aid app features simple, easy-to-learn skills for a range of first aid situations.

   Free