



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Wellbeing Support Apps

Below QR codes will take you to the website but these are apps that should be available in your app/play store.

					
<p><u>Calm</u> Tackle everyday stress and anxiety. Self-care & sound sleep through mediation.</p>		<p><u>Headspace: Calming Meditations</u> Daily meditations & mental health coaching to support mindfulness & self-care.</p>		<p><u>Mental Health Tests</u> Find out if you are suffering from a mental health condition.</p>	
					
<p><u>MoodTools – Depression Aid</u> Lift your mood with MoodTools!</p>		<p><u>SilverCloud</u> Making space for healthy minds.</p>		<p><u>Superbetter</u> Improve mental health, resilience & social-emotional skills.</p>	
					
<p><u>TalkLife</u> 24/7 peer support.</p>		<p><u>Talkspace Therapy & Counselling</u> Therapy & mental health support for relief from anxiety, stress & depression.</p>		<p><u>Wysa</u> Therapy chatbot for mental wellness, mood management & anxiety relief.</p>	

This is for information only and these applications are not supported by ABUHB.