

## WEBSITES

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-panic-attacks/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/>

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>

<https://www.nopanic.org.uk/>

<https://www.anxietyuk.org.uk/>

## PODCASTS

Happy Place – Fearne Cotton series

Zoe Sugg

<https://open.spotify.com/episode/4u07I9h1dGH9LQUR6E3d7K?si=KF2uqPNMTRqEIFQuJQQ5Mw>

Billy Monger

<https://open.spotify.com/episode/2yDRWwSZtYLMqzHdQTdf8u?si=pMbudgorRJ2X8ZE-TaxpQ>

Bryony Gordon – MAD World series

Prince

Harry

<https://open.spotify.com/episode/3BcaEGGOW4BiUOLODBsvvf?si=el6BY6mDQiq9W8z8QSNV1Q>

Scarlett Curtis

[https://open.spotify.com/episode/6nnmfP1D1cIrkF12OVuzF?si=ZE9gtwr\\_SjmkjCW4zjIsEw](https://open.spotify.com/episode/6nnmfP1D1cIrkF12OVuzF?si=ZE9gtwr_SjmkjCW4zjIsEw)

## APPS



### Beat Panic

Overcome panic attacks and anxiety wherever you happen to be  
**£0.99**



### Bluelce

This app helps young people manage their emotions and reduce urges to self-harm

**Free**

## Calm



**Price:** Free with in-app purchases

Sleep, meditation, and relaxation are in your hands with Calm, another popular mindfulness app. These guided meditations are perfect for complete novices through seasoned practitioners, and you have your pick when it comes to how long you can dedicate to the app each day. Sleep is important for managing stress, but it's also one of the first things to become problematic when you're anxious. In addition to an assortment of daily meditations, Calm features nature sounds and sleep stories — yes, an effective concept taken from childhood — to help lull you into relaxed sleep.



## Chill Panda



Being tested in the NHS

Use breathing techniques to help you relax more, worry less and feel better

**Free**

## Colorfy



**Price:** Free with in-app purchases

Colorfy is an adult coloring book brought into the digital realm. With a selection of images and mandalas to choose from, or the option to upload your own sketches to color, you can spend hours in a flow state or focused meditation through this app. Pouring your attention into the beautiful designs can distract from your anxious thoughts and help calm you down. Self-critique is out the window, too, as the simple click-to-fill function of the app means you'll never stray outside the lines.

## Dare — Break Free From Anxiety



**Price:** Free with in-app purchases

Dare to face your fears, whether you're dealing with anxiety, panic, worry, or insomnia. The Dare app can walk you through audio recordings to help you sit comfortably with your anxiety rather than avoiding it, a tactic that can just make anxiety worse. On-screen guides give you something to focus on while you

breathe deeply, and plenty of additional helpful content is available behind the subscription.

## Headspace



Price: **Free with in-app purchases**

Headspace is a cutely designed guided meditation app and so much more. With targeted meditations led by a former monk on sleep, happiness, productivity, mindful use of technology, and dozens of other topics, Headspace can help bring balance and peace across all aspects of daily life. A consistent mindfulness practice with Headspace can help you develop better focus, decrease your stress, and become less reactive to your anxiety triggers. Use the app to track your time in mindfulness training and invite friends to join in with you.



## My Possible Self: The Mental Health App

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking  
**Free, with in-app purchases**

## Nature Sounds Relax and Sleep

Price: **Free with in-app purchases**



Racing thoughts and ruminations are hallmarks of anxiety, but you can slow down, breathe deeply, and clear your thoughts with the gentle sounds and sights of nature in this app. From thunder and rain to crackling fires to bird sounds and more, there's something for everyone. Set the app timer to listen while you gently drift off to sleep, or set one of the tracks as your morning alarm so you can start your day with something less anxiety-inducing than the standard beeping.

## Rootd

Price: **Free with in-app purchases**



Downloading Rootd means you can work on improving your panic and anxious mood while supporting a female-led app. In addition to mindfulness exercises and step-by-step guides to tactics such as deep breathing, the app features an emergency contact button that makes it simple to call a loved one or hotline when you're in distress. The Personal Stats Page is another source of encouragement, as it tracks the number of panic attacks you've overcome and the number of in-app lessons you've completed.



## SilverCloud

An eight-week course to help you manage stress, anxiety and depression at your own pace

**Free**



## Sleep Time

Price: Free with in-app purchases

Sleep has a huge impact on your mood and emotional regulation. Make the most of it with the Sleep Time app, a sleep analysis app complete with a toolbox full of gentle soundscapes, an alarm clock, and wake-up algorithm. Just by placing your phone on your bed, you can track your sleep time and cycles. When used consistently, the app's automated analysis charts make it easy to notice trends in when you get the most restful sleep and what tends to keep you up.



## Sleepio

An online sleep improvement programme, clinically proven to help you fall asleep faster

**Free in some areas**

## Stop, Breathe, and Think



**Price:** Free with in-app purchases

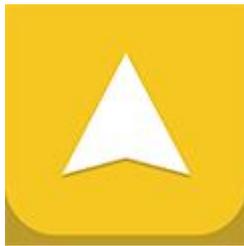
Stop, Breathe, and Think is your daily mindfulness app that also prompts you to input how you're feeling. Select your mood when you open the app and it will suggest the meditations, yoga sequences, or acupressure that could serve you best in that moment, from deep breathing exercises to body scans to visualizations. The check-in feature also allows you to track your moods and progress, so you can examine what you feel most and focus on taming or understanding those anxieties better.



## Stop Panic & Anxiety Self-Help

**Price:** Free

Panic attacks can be intense. This self-help app reminds you of your strengths and ability to cope when panic is triggered. A diary within the app is built to help you notice and challenge the thinking that leads to panic. The app also features audio content and reading that empowers you with the cognitive behavioral therapy-based techniques that can help shut panic attacks down. Panic Assistance audio is your voice of reason mid-panic attack, while the Emotional Training track helps you reconfigure your thoughts and associations to bring more calm into your life.



### **Stress & Anxiety Companion**

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts

**Free, with in-app purchases**



### **Student Health App**

Reduce your worries, feel more confident and get the health information you need as a student

**Free**



### **Thrive**

Use games to track your mood and teach yourself methods to take control of stress and anxiety

**Free**