

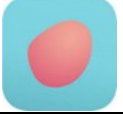























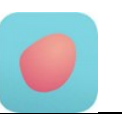























## App-Solute Wellbeing

	<b>Calm Harm</b>	 Free
	<b>Cove:</b> <i>Music for mental health</i>	 Free
	<b>eQuoo:</b> <i>The Emotional fitness game</i>	 Free
	<b>Forest</b> <i>App to help focus and encourage productivity</i>	 Free
	<b>Griefcast</b> <i>Coping with loss</i>	 Free
	<b>Insight Timer</b> <i>Meditation app for sleep, stress + anxiety</i>	 Free
	<b>Loneliness:</b> <i>Kurzgesagt – In a Nutshell</i>	
	<b>Mindshift CBT:</b> <i>Anxiety relief</i>	 Free
	<b>Sleepio</b> <i>Digital sleep improvement</i>	 Free
	<b>Sleep With Me:</b> <i>The Podcast That Puts You To Sleep</i>	 Free
	<b>The Secure Relationship</b> <b>@thesecurerelationship</b> (Dr Julie Menanno)	
	<b>Your Amazing Mind</b> <i>University of Bristol</i>	 Free

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Chimamanda Ngozi Adichie	<b>The Danger of a Single Story</b>	Cultural Identity Authenticity Stereotypes & Assumptions
Thomas Curran	<b>Our Dangerous Obsession with Perfectionism</b>	Perfectionism Self-compassion Growth
Johann Hari	<b>This Could be Why You're Anxious or Depressed</b>	Depression Anxiety Connection
Katie Hood	<b>The Difference Between Healthy and Unhealthy Love</b>	Relationships Love Empowerment
Jia Jang	<b>What I Learned From 100 Days of Rejection</b>	Fear of rejection Growth Confidence
Nora McInerney	<b>We Don't "Move On" From Grief; We Move Forward With It</b>	Grief Loss Difficult moments
Bailey Parnell	<b>Is Social Media Hurting Your Mental Health?</b>	Impact Self-worth Social media wellness
Tim Urban	<b>Inside the Mind of a Master Procrastinator</b>	Procrastination Anxiety Motivation

### Digital Mental Health Platforms to Support Your Wellbeing




*\* Free to University of Edinburgh Students \**

	<b>The Feeling Good App</b> <i>Digital programme teaching how to calm the mind, develop a positive mindset and enable greater emotional resilience to deal with the challenges of student life</i>
	<b>Togetherall</b> <i>Togetherall is a free online community and a safe place to support your mental health 24/7</i>
	<b>SilverCloud</b> <i>A suite of online CBT based programmes designed to help you better understand and manage your mental health and wellbeing</i>

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