

TOP 5 APPS TO STAY WELL

WYSA

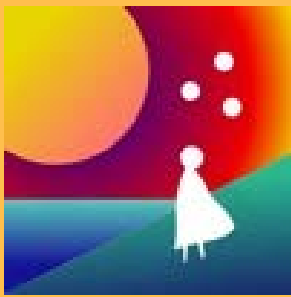
AI Chat that makes you feel heard

Dozens of tools and over a hundred self care exercises all in one convenient app.

This AI friend talks you through your situation, feelings and thoughts, helping you learn emotional resilience through conversation.



FABULOUS SELF-CARE



Holistic motivator to increase productivity

Built as a personal coach and happiness trainer this app helps maximise energy, build better habits and helps you reach a healthier lifestyle.

Includes 'Make me fabulous', 'Do anywhere exercises', 'uplifting fabulous', the Mind Bus and many more activities, all backed by research.

EQUOO

Psychologically informed game to boost emotional intelligence

Using elements of CBT, positive psychology and emotional literacy this game builds skills while you are having fun.

As you proceed through the levels gain skills for yourself, choose your own adventure as you take on challenges and learn more about personality types.



YOUR.MD

Reliable and clinically assured health information designed by doctors



Your.MD

Your MD offers simple, trustworthy information and tangible next steps to maintain and manage your health. The personalised advice offers you peace of mind and supports you to manage your health.



Using AI the app listens and learns from your symptoms and gives information to get the right level of help needed.

HEADSPACE

Learn meditation skills in just a few minutes a day

Headspace offers simple intuitive and quick exercises to introduce meditation and mindfulness into your routine., which can help improve sleep, restfulness and happiness.

A great way to bring peace and tranquility to your day and to promote enjoyment of the world around you, including in the home. This app includes sleep casts, courses, guided meditations and more.

