
	Free (iOS only)	
		A user-friendly CBT-based app that enables users to learn about CBT, record and challenge thoughts, create personal flashcards and access relaxation & mindfulness exercises. Recommend for people experiencing mild – moderate anxiety or stress. Recommend to use as an adjunct to having CBT or for self management

	Free (iOS & Android)	A user-friendly CBT-based app for people experiencing mild to moderate depression. Enables users to learn how to notice feelings, rate emotions, and monitor & challenge thoughts. Emphasis is on thought challenging techniques. App has a personal pin code for users. Recommend as useful to complement therapy at start of CBT, and for self management during & post therapy.

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