

The internet and social media can help us stay connected with others but sometimes it might make us feel bad about ourselves too; especially if we compare ourselves to others. However, there is useful information available online and technology can be used to help you access support to help with how you feel. The following apps have been used by PAPYRUS supporters.

Stay Alive

Stay Alive is a free suicide prevention app that helps its users to stay safe from acting on their thoughts of suicide. Downloading this app means that the help and information someone may need when managing thoughts of suicide is easily accessible, helping them to stay safe.



Self-help Anxiety Management (SAM)

This app is useful for helping the user manage their anxiety. The anxiety tracker can help the user better understand things that make them feel anxious, whilst the self-help toolkit allows them to learn new skills around anxiety management. Some people have found this app helpful to use whilst waiting to access further long-term support or to build on their existing anxiety management skills.



Moodometer

This NHS app allows the user to track and understand influences behind their moods. Acting like a mood diary, this app can be helpful in identifying triggers that can impact on low mood and also suggests ways to help lift your mood.



Calm Harm

This app can be used to help the user manage urges to self-harm. It's a private app and can be password protected. The help and advice provides suggestions of 5-15 minute categorised activities that can help the user 'ride the wave' of an urge to self-harm. The user is signposted to resources that the app determines may be helpful. These suggestions are based on the user's answers to questions about what triggered their urge to self-harm.



Grief: Support for Young People

This app was created by Child Bereavement UK and bereaved young people. It targets young people aged between 11-25 years old who have been bereaved and are in need of support. It provides the user with information and real life experiences about feelings such as grief that people may experience following a bereavement. It also offers information about where users can access further support if needed.

