


	<p>Get happy. Stress less. Sleep soundly. Headspace is your guide to everyday mindfulness in just a few minutes a day. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health — including short SOS meditations for when you're on the go.</p> <p>This app is highly recommended by CAMHS (Child and Adolescent Mental Health Service)</p>
	<p>Relax with <b>Calm</b>, a simple mindfulness meditation <b>app</b> that brings clarity and peace of mind into your life. Experience better sleep, lower stress, and less anxiety with our guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music.</p>
	<p>This calming meditation app experience is uniquely designed to help you stay mindful, de-stress, sleep better, and build the emotional strength and confidence to handle life's ups and downs. Mindfulness &amp; meditation is the practice, Stop, Breathe &amp; Think is the process.</p>
	<p>Whether you're looking to reduce stress and anxiety, or get a better night's sleep buddhify has easy-to-follow guided meditations to help you live happier and healthier.</p> <p>No need to find the time for a formal meditation session every day, we'll show you how to bring mindfulness to all parts of your life with exercises for whatever you're doing and wherever you are - from travelling, taking a break at work or going to sleep. We'll help you find calm in any situation.</p> <p>There is a cost of £4.99 for this app.</p>
	<p>Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind.</p> <p>Smiling Mind's programs are designed to assist people in dealing with the pressure, stress, and challenges of daily life.</p>
	<p>Calm Harm app helps young people to resist and manage the urge for self-harm.</p>