

Useful Apps

Understanding Behaviour Change

Cognitive diary	Excel @ Life	4.3 (1.4k)
CBT thought record diary	Mood Tools	4.3 (306)
Cognitive behavioural therapy	NKDigital	3.7 (145)
2 morrow health	2 Morrow Inc	4.2 (27)

Self Esteem & Confidence

How to build self-esteem	Afradad Media	4.4 (256)
How to be confident	Supportive Apps	5.0 (7)
101 Self-esteem affirmations	BalanceInMe.com	4.6 (57)
Boost your self-confidence	Smart Goal Training	4.6 (304)
Positive thinking strategies	Smart Goal Training	4.7 (765)
Power of positive thinking	Dailycards	4.5 (627)
Self esteem blackboard	Excel at Life	4.1 (415)
Self esteem building guide	ZaleBox	4.3 (1k)
Improve self confidence and self esteem	GGApps Platform	4.3 (109)

Stress & Anxiety

Youper – Anxiety & depression	Youper Inc	4.9 (28K)
WYSA – Stress depression & anxiety chatbot	Touchkin	4.5 (14.8k)
Pacifica – stress & anxiety	Pacifica Labs	4.4 (11K)
Anxiety tracker	Appstronaut	3.4 (53)
Stress & anxiety companion	Companion Approach	5 (3)

Healthy Eating

My diet coach	Health and Fitness	4.4 (144k)
Change4Life: Smart recipes	Public Health England	3.8 (2.5k)
Change4life: food scanner	Public Health England	3.9 (1.4k)
Healthy habits – improve your health and live longer	Healthy Labs	4.7 (28)

Smoking Cessation

Smoke free – quit smoking now and stop for good	David Crane	4.7 (42k)
Quit tracker: stop smoking	despDev	4.6 (53k)
Stop smoking – easy quit free	Mario Hanna	4.8 (51k)

Alcohol Advice

Sober time – sober day counter and clean time clock	Sociosoft	4.7 (14k)
12 Steps guide	1 Byte Apps Limited	4.8 (1k)
One you drink free days	Public Health England	3.9 (260)
Quit drinking stay sober	MS International	4.7 (57)
Sober thoughts	Transformative Apps	4.9 (28)

Physical Activity

Google fit – health & activity tracker	Google	3.8 (283k)
Fitness & sleep tracker	Sense Me	4.2 (31k)
Personal trainer – home workout for women	NextTipDev	4.6 (405)
Home workout guide for men	Leftover Web	4.4 (1.4k)

Sexual Health

Sexual health guide	Girt Mobile	3.9 (252)
Sexually transmitted diseases	kmpesh Medical Apps	5 (3)
Contraception methods	Dr_Apps	5 (2)

Manage Minor Ailments

Treatment for all diseases	Pro Games & Apps	4.4 (11.3k)
Dictionary diseases & disorders	24 hours	4.6 (3.6k)
Manage my pain lite	Managing Life	4.0 (937)

Dementia

Memory games	Senior Games	4.5 (3.4k)
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Train your brain – attention games	Senior Games	4.5 (457)
DST – Dementia screening test, alzheimer test	Dr S Horn	5 (5)
Memor exercise for alzheimers	Büyük Beyaz Hamsi	4.3 (9)