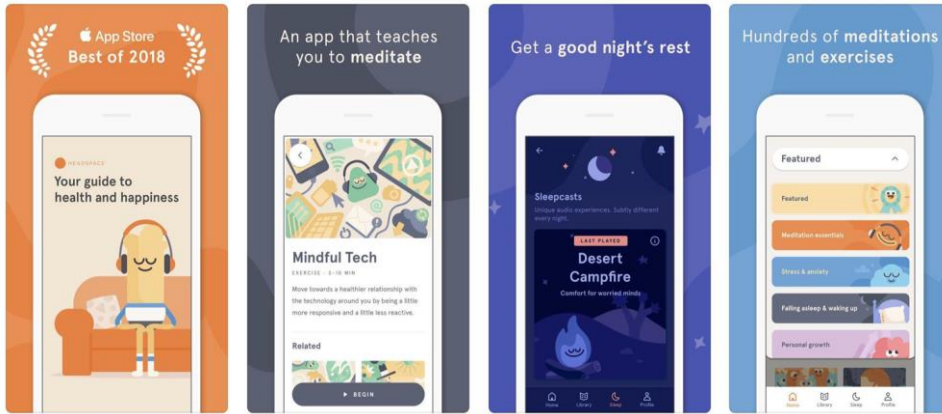


## Headspace app



## Calm app



For lots of other great free apps from the NHS:

<https://www.nhs.uk/apps-library/category/mental-health/>

## Think Ninja app

