



App reviews by the Hailsham Early Intervention Service App Group

 <p>The 5 Ways App</p>	<p>The 5 Ways App</p> <p>This app claims to offer a practical way to help you feel good and function well in the world. It allows individuals to reflect on their well being, set activities to help improve wellbeing and track your personal progress.</p> <p>Review: 2/5</p> <p>Positives</p> <ul style="list-style-type: none"> ✓ Links you up with professionals ✓ Clear information ✓ Categories focus strongly on wellbeing ✓ Set quotes <p>Negatives</p> <ul style="list-style-type: none"> × Unappealing design × Difficult to set a task/activity × Intrusive × Not interactive × A reminder is not enough!
 <p>WELLHAPPY</p> <p>DESIGNED WITH YOUNG PEOPLE, FOR YOUNG PEOPLE.</p>	<p>Wellhappy is a free health app for young people aged 12-25 in London. It allows you to search for over a thousand local support services including mental health, sexual health and substance misuse services.</p> <p>Review: 2/5</p> <p>Positives</p> <ul style="list-style-type: none"> ✓ Android and IOS ✓ Free ✓ Pictures ✓ Colourful/bold start up <p>Negatives</p> <ul style="list-style-type: none"> × Glorified Leaflet × Too much information and not clear × Racist × Some strange/inappropriate pictures × Boring



MoodPanda helps you track how you're feeling, with personal analysis, visualisations and interpretations of your mood, and a lovely, friendly and anonymous community of people there to support you if you need them.

Review: 3/5

Positive

- ✓ Nice Visualisation
- ✓ Like the panda - more personable with a panda
- ✓ Social Network
- ✓ National mood graph
- ✓ Supportive community

Negatives

Coming soon