WELLBEING THAT WORKS

Unmind is a free (and completely confidential) platform designed by psychologists to help you manage your mental health.

You can use Unmind to manage stress, improve your focus or sleep better. And if you track your wellbeing, you'll get personalised recommendations.

Manage stress and anxiety
Learn techniques to feel calm and in control, or try in-the-moment exercises to help you cope when panic strikes.

Sleep better
Listen to sounds and stories to help you drift off, or take a self-guided course on the science of sleep. Even shift workers can catch those Zzzzzs.

Get personal recommendations
Use the Wellbeing Tracker to measure your wellbeing and get personalised recommendations based on your scores in different areas, such as sleep, health and stress.

Invite a friend
The best part? You can share it all with a friend or family member for free!

Unmind

Download the app