

Introducing Orcha – rated apps to help you manage your mental health and wellbeing

Have you ever considered using an app to support you in managing your mental health and wellbeing? Maybe you have but struggled to find one that's right for you. With over 360,000 health apps in the app stores it can be difficult to find one that's appropriate and effective.

Surrey & Borders Partnership NHS Foundation Trust (SABP), in partnership with ORCHA, has launched a Health and Care Apps platform, which contains hundreds of independently reviewed apps, rated for you. You can visit the site at sabp.orchaco.uk.

ORCHA independently review and rate health apps against a large number of criteria including clinical assurance, privacy and data security and user experience. Each app is rated and given an easy to understand percentage score to help you decide which apps to download. The platform is completely free to use, and you don't need to create a user account to search and download apps.

It's important to remember that apps are not intended to replace any health services you are currently accessing but may be used independently or to complement them – in some cases our health professionals will be able to recommend apps directly to you from the platform.