



DEE'S APP REVIEWS

COVE



Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.

WHO IS IT SUITABLE FOR?

Cove is for anyone who wants to express through music what they might struggle to say with words.

HOW DOES IT WORK?

Cove is like a mood journal, except instead of using words to express how you feel, you use music.

To create music, choose from six different moods – calm, struggling, longing, playful, clouded and gentle.



Once you've selected your mood, you can easily add and remove different musical effects.

Store your music in a private journal to revisit at any time. Add some personal thoughts and tags.

HOW DO I ACCESS IT?

Cove is free to download from the App Store.



REVIEW



Cove is a wonderful tool to help with mental wellbeing.

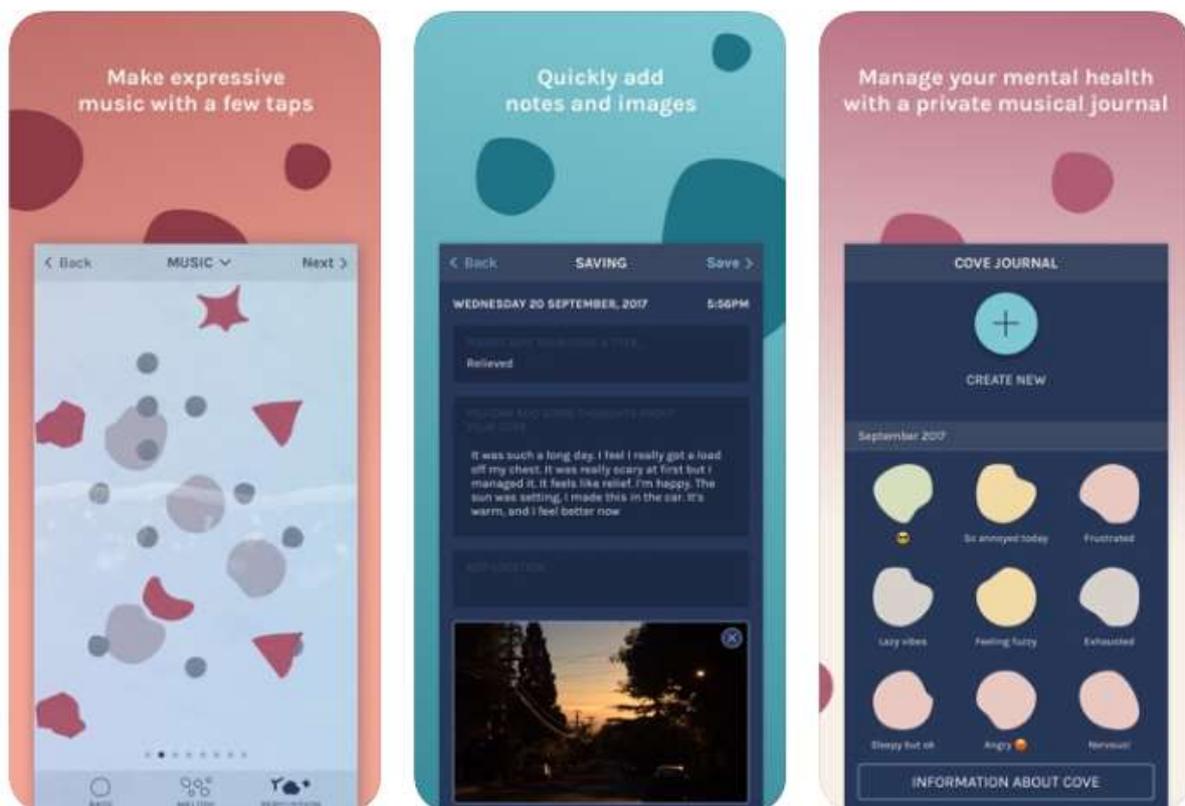
This app is very well designed, colourful and attractive and easy to use. I especially liked the way you can identify your mood using colour as well as sound. There is a section where you can give your creation a title and write a few thoughts to express your mood and feelings.



Percussion, melody and keyboards are all utilised to assist the user to create a soundscape. Cove is very intuitive and no previous musical knowledge needed.

I was also delighted to discover this application helped me to express my own feelings and moods.

I have found putting my feelings to music actually helped lift my mood and I felt I had produced something very positive. Creations can be saved. I would recommend this as a very helpful tool for people struggling to express feelings or coping with episodes of low mood.



DEE'S STAR RATING

