



## DEES APP REVIEWS

### CATCH IT



Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing..

### 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?

Catch It uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things.

Use the app to record your mood in three simple steps:

- 'Catch It' records and rates your mood
- 'Check It' asks you to take a moment to reflect on what you're thinking



- 'Change It' asks you to think about a better way of dealing with a problem

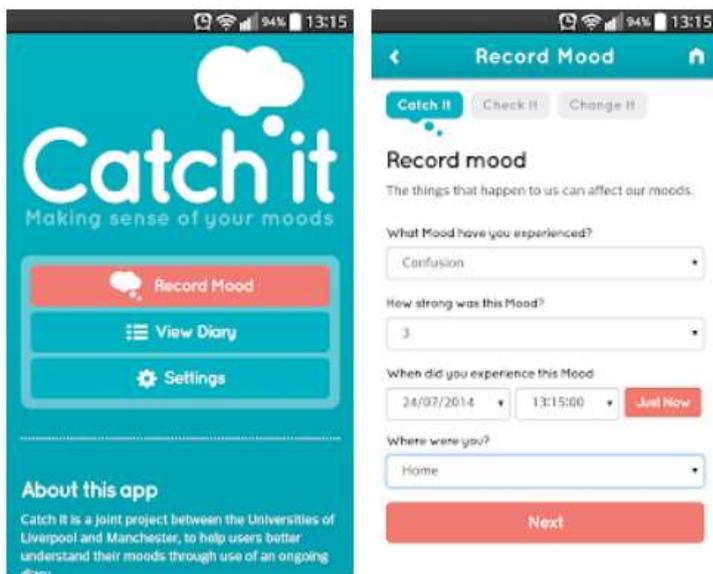
Catch It is not a substitute for professional mental health care. If you are worried about any aspects of your mental health, contact a professional.

### HOW DO I ACCESS IT?

Catch It is free to download from the App Store and Google Play.



### REVIEW



A great concept, but lacks user friendliness to make it really shine.

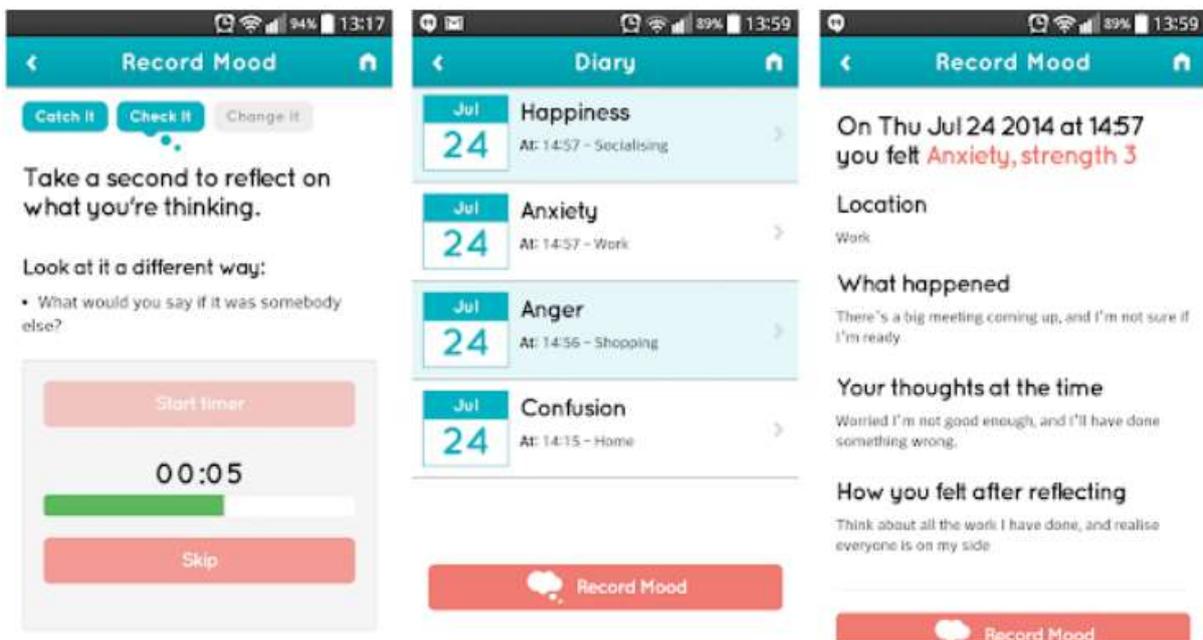
As a diary concept it is good. I think it is quite useful to look back at your day and reflect upon your moods and recall the situations and analyse them.



Although I would use emoticons/pictures to represent emotions rather than words like "anxious"/"depressed because they're too black-and-white and it's never like that with moods.

Intuitively if you're happy or depressed you don't really feel like putting this down in a diary you're too busy.

The "take a second to reflect" function is not very intuitive, and detracts from the overall user experience.



## DEE'S STAR RATING

