

NHS Greater Glasgow & Clyde Mindfulness App

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Our **mindfulness app** contains more audio recordings of guided practices as well as links to online resources. The GG&C Mindfulness app is available to download for free from the [Google play store](#) for Android, and the [App store](#) for iOS. Use these links or scan the QR code below to download the app to your phone.

When you open the app for the first time, you will be prompted to download a Toolkit (content). Please choose the **Community** toolkit – this is free to use for everyone, and doesn't require a password. The 'participant' toolkit is used for MBCT groups (a password is required because we don't have an unrestricted licence for some of the course content). If you are taking part in an MBCT course, you will be supplied with a password.



Mindfulness Based Approaches 12+
The GGC Formulary and Therapeutics Handbook Team
★★★★★ 4.3, 3 Ratings
Free

Screenshots [iPhone](#) [iPad](#)

