

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.



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

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

