











Supporting Social, Emotional and Mental Health Needs

There is much that each one of us can do to support the wellbeing of those in our lives, including children and young people who may already be vulnerable or suffering from mental health difficulties.

Apps - This is a collection of apps that are designed to support young people, adults and families with their mental health and well-being.

 <p>Headspace A meditation app that acts as a personal guide to health and happiness</p>	 <p>SafeSpot Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.</p>
 <p>Mindshift A free app designed to help teens and young adults cope with anxiety.</p>	 <p>Worrinots Child friendly app designed to help children cope with worries and anxieties.</p>
 <p>Superbetter Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.</p>	 <p>Think Ninja This app from Healios, helps young people aged 11 to 17 years old with their mental health, emotional well-being and resilience and is being made available for free during the Coronavirus crisis.</p>
 <p>Calm Meditation techniques to aid with stress and sleep.</p>	 <p>Feeling Good Teens The Feeling Good Teens App uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation – access is free using the username: coboost and password: coboost during this period.</p>
 <p>Combined Minds An app developed to help families and friends support young people with their mental health</p>	
 <p>Calm Harm An app that helps young people manage the urge to self-harm.</p>	