

Apps

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

	Headspace	A meditation app that acts as a personal guide to health and happiness.
	Calm harm	Helps young people manage the urge to self-harm.
	Mindshift	Helps teens and young adults cope with anxiety.
	Smiling mind	A meditation program developed by psychologists and educators to help bring mindfulness into your life.
	Calm	Mediation techniques to aid with stress and sleep.
	Chill Panda	Helps children better understand their stress and shows them ways to feel better using breathing techniques, yoga, exercise and calming games.
	SAM	Helps you understand and manage anxiety.
	Stop Breathe Think	Check in with how you're feeling and try short activities tuned to your emotions.
	Virtual Hope Box	Contains simple tools to help with coping, relaxation, distraction and positive thinking.
	Clear Fear	Provides you with a range of ways to manage anxiety.
	Combined Minds	An app developed for families and friends support young people with their mental health.
	Mee Two	A fully moderated app for young people which provides peer support, expert help, inbuilt educational and creative resources.
	1 Giant Mind	For anyone who wants to feel less stressed and wants to experience greater health and wellbeing.
	Think Ninja	Helps young people aged 11 – 17 years old with their mental health, emotional wellbeing and resilience.
	Feeling Good Teens	Uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation.
	DistrACT	Gives you easy, quick and discreet access to information and advice about self harm and suicidal thoughts.
	Worry Tree	Aims to help you take control of worry wherever you are.
	Stay Alive	A suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.
	Am I? My thought journal	Helps you track situations that make you feel sad or anxious, or other negative emotions.