



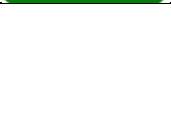
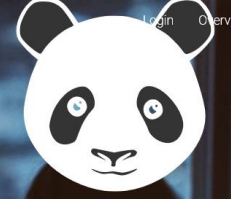





Useful Apps for Young People

	<p>Calmharm: Is a free app to help teenagers manage the urge to self-harm. https://calmharm.co.uk/</p>
	<p>Catch It: Learn how to manage feelings like anxiety and depression. The app will teach you how to look at one's problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing. https://www.nhs.uk/apps-library/catch-it/</p>
	<p>Chill Panda: Learn to relax, manage your worries and improve your wellbeing. The app suggests tasks to suit your state of mind such as breathing techniques and light exercises. https://www.nhs.uk/apps-library/chill-panda/</p>
	<p>Cove: Create music to capture your mood and express how you feel with this app. Instead of words, create music to reflect emotions like sadness, calm and anger. These can be stored in your own personal journal or to send to someone to do the talking. http://www.cove-app.com/#about</p>
	<p>Dragon in the Attic: An app for 8-12-years to help them mentally cope with bullying. It involves them looking after a dragon in an attic by getting them to make wellbeing and health choices in turn improving their awareness and confidence. http://myhealthapps.net/app/details/501/dragon-in-the-attic</p>
	<p>Emoodji For university students struggling with their emotions http://www.emoodji.co.uk/</p>
	<p>EMoods Bipolar Mood Tracker https://apps.apple.com/gb/app/emoods-bipolar-mood-tracker/id1184456130</p>
	<p>For Me Designed by ChildLine to support young people up to the age of 19. The app covers many issues including self-harm, anxiety, bullying and body image issues. https://www.childline.org.uk/toolbox/for-me/</p>

	<p>Headspace Teaches you the basics of meditation and mindfulness https://www.headspace.com/</p>
	<p>Kooth: An online mental health service for young people, is now available for 11-25 (up to 26th birthday) year olds in Norfolk. Young people can access Kooth.com and begin accessing free counselling, advice and wellbeing support https://www.kooth.com/</p>
	<p>Mind shift Helps you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.</p>
	<p>MoodKit Based on CBT. Improve your mood. https://apps.apple.com/gb/app/moodkit/id427064987</p>
	<p>Moodometer https://moodmeterapp.com/</p>
	<p>Mood Panda Half mood tracker and half social network https://www.moodpanda.com/</p>
	<p>Positive Penguin 99p 8-12 years helps children understand their feelings and challenge their thinking https://apps.apple.com/gb/app/positive-penguins/id570371342</p>
	<p>SAM (Self-Help for Anxiety Management): Helps to understand and manage anxieties https://sam-app.org.uk/</p>
	<p>Smiling Mind: Is an app-based meditation programme developed by psychologists and educators to help bring mindfulness into your life. https://www.smilingmind.com.au/smiling-mind-app</p>



STOP, BREATHE
& THINK

Stop, Breathe, Think: Offers short mindfulness and meditation strategies. Check in with how you are feeling, and try short activities tuned to your emotions. <https://www.stopbreathethink.com/>

Stressheads

App that helps deal with stress. Stress relief tool

<https://www.themix.org.uk/apps-and-tools/stressheads>