



# SIGNPOSTING TO SUPPORT YOU WITH YOUR WELL BEING

APPS TO THINK ABOUT...

# “Catch It”

- ▶ Uses Cognitive Behavioural Therapy to help users learn how to manage feelings like anxiety and depression. Users can record and rate their mood, helping them to keep track of progress and identify triggers to their symptoms.
- ▶ Please note though that it is currently undergoing a revamp

# “Stress & Anxiety Companion”

- ▶ Helps users handle stress and anxiety on-the-go. It provides tools like breathing exercises, relaxing music and games. Goals is to help users change negative thoughts to help them better cope with life's ups and downs

# “For Me”

- ▶ This is a free app from Childline. It offers counselling, group message boards, and advice.

# “Calm Harm”

- ▶ is a free app with password protection that provides a range of techniques to relieve emotional distress. It's particularly helpful if you often use self-harm to cope.

# “Clear Fear”

- ▶ A free app to help with managing anxiety.

# “Mind Shift”

- ▶ This is a free app with advice managing anxiety and relaxation methods.

# “Recharge, move well, sleep well, be well”

- ▶ This app uses a free, personalised 6 week programme to help you improve your mood and energy levels.



# “SAM”

- ▶ (Self-help for Anxiety Management) has games and tools to help you understand and manage anxiety.

# “Smiling Mind”

- ▶ This provides free mindfulness meditations aimed at reducing stress, anxiety and concentration levels.

# “Mee Two”

- ▶ A safe regulated app that helps teenagers talk about difficult things.

# “DistrACT”

- ▶ This is a free app that provides help around self harm and suicidal thoughts. The app is free to download for iPhone and Android on the Apple App Store and Google Play

# Healios Ninja

- ▶ Is currently free to download from google or Apple and has some extra COVID content.

# PLEASE ALSO REMEMBER;

- ▶ Childline; offer a 24-hour counselling service for children and young people. Telephone: 0800 1111.
- ▶ Young Devon (Young Minds) also has a range of videos, blogs and advice on a range of topics. [www.youngdevon.org](http://www.youngdevon.org)
- ▶ Kooth - is an online counselling service for anyone aged 10-25 in Hertfordshire. You can access a chat/ messenger service, discussion boards, goal setting tools and a journal and a magazine containing a number of articles and some specifically about coronavirus and the impact on children and young people. The website is moderated by trained professionals. You need to register but it is anonymous.