

Mental Health Apps

FOR CHILDREN AND YOUNG PEOPLE

MEDITATION AND MINDFULNESS

SUITABLE FOR ALL AGES.

Smiling Mind: Guided meditation and mindfulness exercises depending on age.

- * **Headspace:** Guided meditation and mindfulness sessions.
*Full version costs £9.99/ month



AGES 5-11.

- * **Dreamy Kid:** Guided meditation and mindfulness with relaxation tools.
*Some in-app purchases.

Stop, Breathe and Think Kids: Meditation and mindfulness through interactive 'missions'.



AGES 11-16.

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MyLife Meditation: Mindfulness: Learn to meditate and be more mindful.

Calm: Guided meditation and mindfulness sessions in a variety of lengths.



AGES 16-18.

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STRESS & RESILIENCE BUILDING

SUITABLE FOR AGES 11-18.

Virtual Hopebox: Tools to help with coping, relaxation, distraction and positive thinking.

SUITABLE FOR AGES 13-18.

SuperBetter: A game inspired app designed to build resilience and motivation.



PHYSICAL ACTIVITY

SUITABLE FOR ALL AGES.

Active 10: Designed to track walks, motivate and help create a healthier lifestyle.



MENTAL WELLBEING

SUITABLE FOR ALL AGES.

Three Good Things: Journalling app to write three positive sentences each day.



AGES 5-11.

Chill Panda: Teaching children the link between their feelings, body sensations using play based activities.



Focus on the go!: Interactive game to explore understanding emotions using tools.



Breathe, Think, Do: Teaching children to deal with frustrating situations.



Age 10+ Apps...

Feeling Good Teens: Audio programmes to develop self-esteem and general wellbeing.



ThinkNinja: Teaching tools to aid in mental wellbeing.



AGES 11-18.

Feeling Good Teens: Audio programmes to develop self-esteem and general wellbeing.



Daylio: Mood and activity tracker to identify and create healthier patterns.



MeeToo: A platform to anonymously discuss issues with those going through a similar experience or of a similar age.



ThinkNinja: Teaching tools to aid in mental wellbeing.



Reason2: Create a profile designed to manage mental wellness.



* **MindDoc (12+ years):** Log and track mental health and wellbeing with access to resources.



ANXIETY

AGES 11-18.

Clear Fear: Cognitive Behavioural Therapy (CBT) techniques used to reduce anxiety.



FearTools: Simple tools to help combat anxiety.



SAM: Manage and understand causes of anxiety, while monitoring anxious thoughts.



MindShift: Tools to help cope with anxiety.



LOW MOOD

SUITABLE FOR ALL AGES.

What's Up?: Utilising Cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT) to help cope with depression, anger, stress, anxiety and more.



AGES 11-18.

Mood Tools: Help alleviate negative moods and combat depression.



Catch It: Teaching ways to manage anxiety and depression, turning negative thoughts into positive thoughts.



Move Mood (12+ years): Helps manage behaviours associated with low mood or depression.



* **Mood Kit (12+ years):** Teaching the benefits of Cognitive Behavioural Therapy (CBT) and how it can help mood.



* **Mood Gym (16+ years) :** Teaching tools to aid in mental wellbeing.



SELF-HARM & SUICIDE

AGES 11-18.

Calm Urge: Self-harm tracker with activities to calm self-harm.



DistrACT: Provides trusted information and links to support for those who self-harm and may feel suicidal.



Stay Alive: Resources to prevent suicide and help keep people safe.



Calm Harm: Provides tasks to help resist or manage the urge to self-harm.



Bluelce : A prescribed app used to manage emotions and reduce urges to self-harm.

