

Recommended Wellbeing Apps

Many young people have access to electronic devices and these can be really helpful in helping them to manage stress and anxiety.



Calm

a free app for meditation and sleep including guided meditations, mindfulness, sleep, stories, breathing programmes, master-classes and relaxing music. Some content is only available through a paid subscription.

Available on App Store and Google Play

Calm Harm

a free app designed to help people resist or manage the urge to self harm. It has the option of being private and password protected. Using the app can allow you to track your progress and notice change.



Available on App Store and Google Play



CLEAR FEAR

a free app providing ways to manage worry and anxiety. It uses a cognitive behaviour framework to help you change your anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has a helpful resources and grit box to boost resilience. It is recommended for ages 11- 19 years

Available on App Store and Google Play

Daylio

a free private journal app without the need to type. Choose from emojis to represent your mood and activities you have been doing. Over time you can notice patterns and understand you habits better.



Available on App Store and Google Play



Headspace

a free app offering guided meditations, mindfulness, sleep advice, animations, articles and videos. Some of the content is only available to paid subscribers.

Available on App Store and Google Play

Mindshift CBT

this is a free scientifically based anxiety tool based on cognitive behaviour therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take charge of anxiety.



Available on App Store and Google Play



Think Ninja

an app which has been specifically designed to educate young people (10 to 18 years old) about mental health, emotional well being and to provide skills young people can use to build resilience and stay well. It is built on cognitive behaviour principles which is based on the theory that our thoughts, feelings and behaviour are all connected.

Available on App Store and Google Play

Worry Tree: Anxiety Journal

an app (featuring in the NHS App library) which helps you to record, manage and problem solve your worries and anxieties based on cognitive behaviour therapy techniques. It supports you through the problem solving process – helping you either to make a plan to deal with your worry or to mindfully refocus your attention to help you cope.



Available on App Store and Google Play



Jack

a thirteen minute practice to steady your heartbeat in times of anxiety –

[Audio: A Steady Heart in the Time of Coronavirus #1 - Jack Kornfield](#)

Find it at www.jackkornfield.com

KOOTH Online Counselling

a free, safe and anonymous service for 11-18 year olds where young people can chat 1-2-1 with counsellors, access self-help articles 24/7 and connect with peers through live moderated forums.



Find it at www.KOOTH.com