

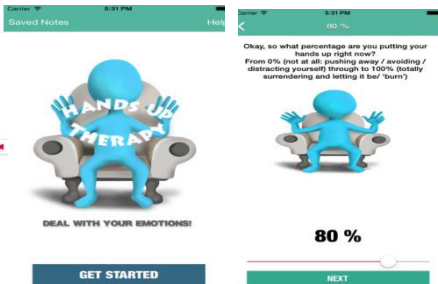


## Apps for self help

### Hands Up Therapy: £0.79

This app helps us to try and deal with our emotions in a healthier way. It aims to help you feel more relaxed and achieve good mental health in the long term.

Compatible with: iPhone, iPad.



### Mindfulness by DigiPill: £1.49

This app is a guided meditation app to try and help you to calm down, relax and be mindful.

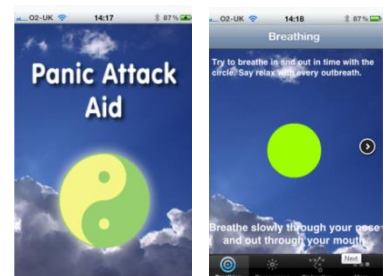
Compatible with: iPhone, iPad.



### Panic Attack Aid: £2.99

This app helps to bring a calming relief to those who suffer from panic attacks by using a combination of breathing techniques and distractions.

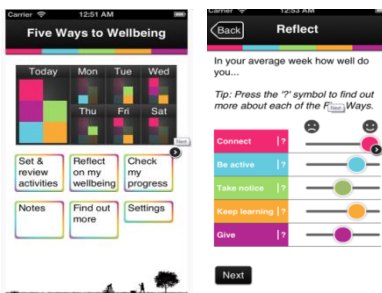
Compatible with iPhone, iPad, Android.



### Five ways to well-being: Free

This app looks at five areas of wellbeing, helping you to connect, take notice, be active, keep learning and give way to your improved wellbeing. This is done by setting activities, reflecting and tracking your progress

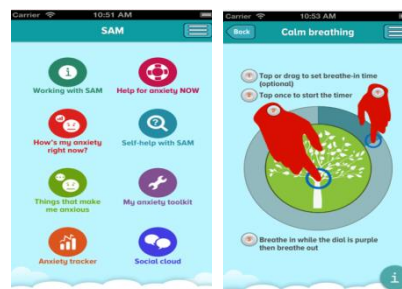
Compatible with: iPhone, iPad, Android.



### SAM: Self-help for Anxiety Management: Free

This app provides you with a range of self-help methods such as relaxation techniques and anxiety toolkits to help you to try and manage your anxiety.

Compatible with: iPhone, iPad, Android.



### Virtual Hope Box: Free

This app provides tools to help you think positively. It contains distractions, relaxation techniques. It allows you to include personal things such as photographs, music and inspirational quotes to help you think more positively.

Compatible with: iPhone, iPad, Android.



### Kooth.com: Free

Kooth provides online support, counseling, information and peer support. This website is free, safe and anonymous

Compatible with: Internet.



### School Nurse: Free

This app is for young people aged 10 to 18. It contains information about a range of health and wellbeing issues including sensitive topics. It also provides you with information on services you can access in your area.

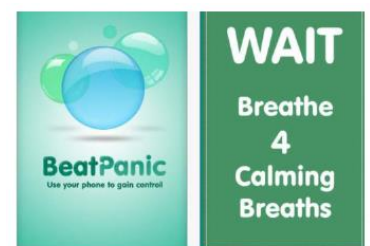
Compatible with: iPhone, iPad, Android.



### Beat Panic: £0.79

This app provides you with a series of soothing cards which you can use to help guide you through your panic attack and help you to reduce your panic/anxiety.

Compatible with: iPhone, iPad.



## Mindshift: Free

This app aims to try and help you to develop more helpful ways of thinking about your anxiety. With the overall aim of trying to help you learn to relax and reduce your anxiety.  
*Compatible with: iPhone, iPad, Android.*



## Happify: Free

This app contains items such as games, quizzes and activities. Aiming to help you improve your confidence, think more positively and help you to cope better with stress. Helping you to have a happier outlook on life.  
*Compatible with: iPhone, iPad.*



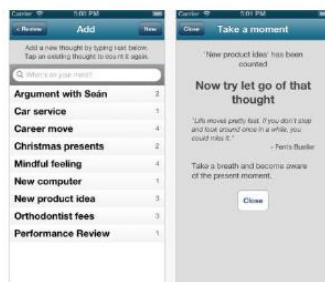
## Breathe2Relax: Free

This app provides a range of tools to help guide you through breathing exercises. These exercises can help you to manage a number of things such as stress, anxiety and anger.  
*Compatible with: iPhone, iPad, Android.*



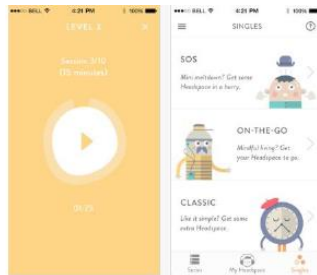
## Thought Box: Free

This app allows you to input your thoughts and return to the present moment helping you to be more mindful. You can then later on step back and look at your thoughts, so that you can notice any positive or negative thoughts and reflect on them.  
*Compatible with: iPhone, iPad.*



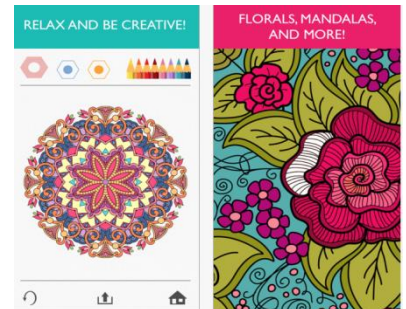
## Headspace.com: Free

This app guides you through mindfulness techniques, helping to motivate you and train your mind to try and help you to reduce your stress and worries.  
*Compatible with: iPhone, iPad, Android.*



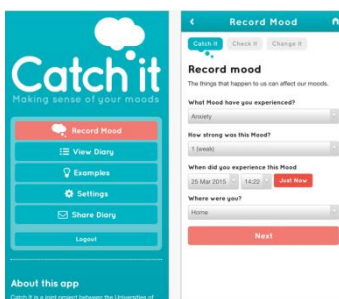
## Colorfy: Colouring Book for Adults: Free

This app is a fun way of practicing mindfulness as it allows you to focus on creating a colourful picture and relax your mind. This app is really easy to use; you simply choose your colour and tap where you want it to go.  
*Compatible with: iPhone, iPad, Android.*



## Catch It: Free

This app allows you to create a diary to record your mood. This app helps you to better understand your moods and provides you with examples of how you can change your mood.  
*Compatible with: iPhone, iPad*



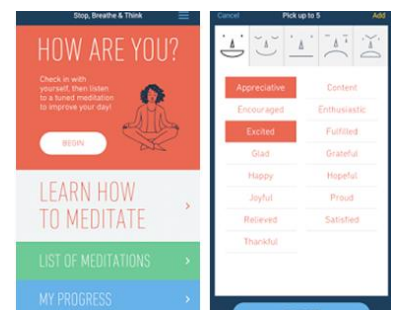
## Relax Melodies: Free

This app provides you with relaxing music and allows you to create playlists to help you feel relaxed and help you with concentration, meditation and falling asleep.  
*Compatible with: iPhone, iPad, Android.*



## Stop, Breathe & Think : Free

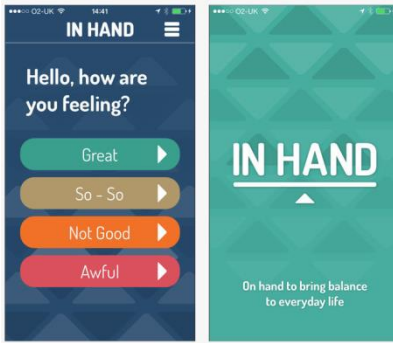
This app is a mindfulness app and allows you to check how you are thinking / feeling and choose a meditation exercise based on your feelings.  
*Compatible with: iPhone, iPad, Android.*



## IN HAND: Free

This app is designed to help you in times of stress or low mood. Taking you through different activities depending on how you're feeling, In Hand aims to focus you on where you're at and bring back the balance. This app was made by young people for young people.

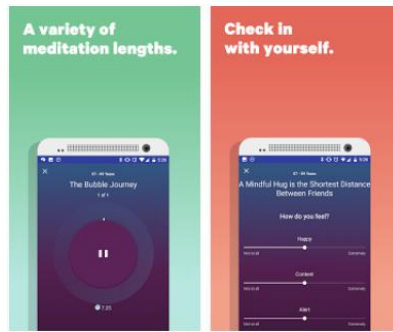
Compatible with: iPhone, iPad, Android



## Smiling Mind: Free

This app provides guided meditation tailored to age starting from aged 7 upwards. Just as we eat well and stay fit to keep our body healthy, meditation is about mental health and looking after the mind.

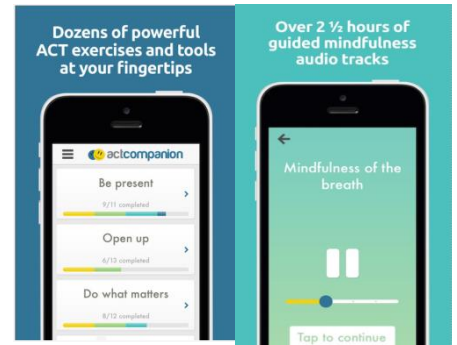
Compatible with: iPhone, iPad, Android



## ACT Companion: The Happiness Trap: £7.99

If you're working with an ACT coach, clinician, or self-help book, then ACT Companion will help you put what you've learned into practice and create meaningful change in your life.

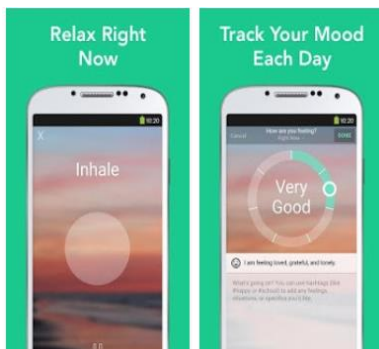
Compatible with: iPhone, iPad, Android



## Pacifica: Free

This app gives you holistic tools to address worry, low mood and stress based on Cognitive Behavioral Therapy, mindfulness, relaxation, and health.

Compatible with: iPhone, iPad, Android



## Colouring Book for Me: Free

This app is a perfect tool to relax and release your inner artist. The app allows you to focus on creating a colourful picture and relax your mind.

Compatible with: iPhone, iPad, Android



## Useful Websites for Information about Mental Health

- **CAMHS Who Am I?** Is a service user led website which provides information and advice for young people.  
Web: [www.camhswhoami.co.uk](http://www.camhswhoami.co.uk)
- **Stamp Out Stigma** is a campaign led by 5 Boroughs Partnership NHS Foundation Trust which aims to educate the public about the realities of illness and learning disabilities and to help stamp out the stigma that surrounds them.  
Web: [www.stampoutstigma.co.uk](http://www.stampoutstigma.co.uk)
- **Young Minds** provides support and advice to children and young people about a variety of mental health issues.  
Web: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- **Mind** provides information and advice on different types of mental health problems, medication, treatments, and guides to support and services.  
Web: [www.mind.org.uk](http://www.mind.org.uk)
- **Rethink Mental Illness** challenges attitudes to mental health and changes lives by providing individuals with information, support and advice.  
Web: <https://www.rethink.org/living-with-mental-illness/young-people>
- **Time to Change** aims to challenge mental health stigma and discrimination. It contains information about mental health and why we need to start talking about it.  
Web: [www.time-to-change.org.uk](http://www.time-to-change.org.uk)
- **The Mental Health Foundation** is an informative website which offers straightforward and clear information on every aspect of mental health and learning disabilities.  
Web: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- **The Mix** is a free, confidential and multi-issue helpline service for young people under 25 who need help, but don't know where to turn. You can get in touch via phone, email or text for free.  
Web: <http://www.themix.org.uk/>
- **Beat** is a charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. Beat provides advice on what to do and how to get support.  
Web: [www.b-eat.co.uk](http://www.b-eat.co.uk)
- **National Self-Harm Network** aims to support individuals who self-harm to reduce emotional distress and improve their quality of life.  
Web: [www.nshn.co.uk/downloads.html](http://www.nshn.co.uk/downloads.html)
- **Get Self-Help** is a website with a variety of resources and worksheets that you can work through to try and help improve your mental health.  
Web: [www.get.gg](http://www.get.gg)
- **Northumberland Tyne and Wear NHS Website** offers a number of self-help booklets to work through on a variety of different topics such as anxiety, self-harm and depression.  
Web: [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)
- **Teen Mental Health** provides resources, advice and information for teenagers who are worried about their mental health.  
Web: [www.teenmentalhealth.org/](http://www.teenmentalhealth.org/)
- **Stem 4** provides information and focuses on early awareness and intervention of the following mental health issues in teenagers: eating disorders; depression and anxiety; self-harm; and addiction. This website aims to help young people, parents and schools.  
Web: <http://www.stem4.org.uk/>
- **Mind Your 5** provides information and advice on how to look after your mental health and wellbeing.  
Web: <http://www.mindyour5.co.uk/>

- **Mood Juice** provides self-help materials and resources on how to help with anxiety, low mood, anger and stress to help you to look after your mental health.  
Web: <http://www.moodjuice.scot.nhs.uk/>
- **NHS Choices** provides information and advice on young people's mental health problems.  
Web: <http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>
- **Childline** offers a free 24 hour helpline for children and young people in danger or distress.  
Web: <https://www.childline.org.uk/>
- **Family Lives** National family support charity providing a helpline.  
Web: <http://www.familylives.org.uk/>
- **Youth Health Talk** provides interviews from young people and parents with personal experiences of mental health.  
Web: <http://www.healthtalk.org/young-peoples-experiences>
- **PAPYRUS** is a national charity for the prevention of young suicide who offer help and advice.  
Web: <https://www.papyrus-uk.org/>
- **Self-harm UK** provides support for young people (ages 11-19) impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what is going on in their life.  
Web: <https://www.selfharm.co.uk/>
- **Alumnia** is an online course started by selfharm.co.uk for young people aged 14-18. It can offer online support over a 6 week period.  
Web: <http://alumina.selfharm.co.uk/>
- **Epic friends** provides information about the most common teenage mental health issues, how to spot them and how to help.  
Web: <https://epicfriends.co.uk/>