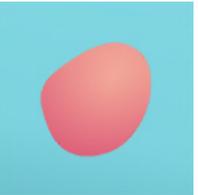


Useful Apps

| App | Free/ Cost | Children/ Adults |
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| <p><u>Apart of Me</u></p>  <p>Apart of Me - A beautiful world, built to guide you through your darkest moments. This game is designed to help you cope with the death of a loved one.</p> <p>Welcome, to your island: A magical, peaceful world populated by friendly creatures and a wise guide. Help Foshan and his friends find peace by catching fireflies, discovering stories of loss and love in the cave, learning to be kind to yourself by the rockpool, and completing real-world quests.</p> | Free | 12 years and above |
| <p><u>Beat Panic</u></p>  <p>Beat Panic is designed to guide people through a panic attack or raised anxiety using their phone.</p> | 99p | 12 years and above |
| <p><u>Breathe2Relax</u></p>  <p>Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.</p> | Free | 4 years and above |
| <p><u>Buddhify</u></p>  <p>buddhify is the only meditation app designed to fit into a busy modern lifestyle. Known for its beauty and incredible value for money, it is loved and used around the world.</p> | £4.99 | 4 years and above |

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| <p><u>Calm- Meditation and Sleep</u></p>  <p>Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life.</p> | Free | 4 years and above |
| <p><u>Calm Harm</u></p>  <p>Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.</p> | Free | 12 years and above |
| <p><u>Catch it</u></p>  <p>Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.</p> | Free | 12 years and above |
| <p><u>Chill Panda</u></p>  <p>Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.</p> | Free | 6 years and above |
| <p><u>Cove</u></p>  <p>Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.</p> | Free | 4 years and above |
| <p><u>Daylio Journal</u></p>  <p>On Daylio you can record moods and activities in a calendar and see statistics. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.</p> | Free | 4 years and above |
| <p><u>distrACT</u></p>  <p>The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.</p> <p>The content has been created by doctors and experts in self-harming and suicide prevention.</p> | Free | 17 years and above |

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| <p><u>eQuoo: Emotional Fitness Game</u></p>  <p>The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.</p> | Free | 12 years and above |
| <p><u>Feeling Good: positive mindset</u></p>  <p>Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.</p> | Free | 12 years and above |
| <p><u>Grief: Support for Young People</u></p>  <p>This app is for 11-25 year olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents and professionals who would like to know how to support bereaved young people.</p> | Free | 11 years and above |
| <p><u>Headspace: Meditation and Sleep</u></p>  <p>Get the most out of your day with the Headspace app. We'll help you perform at your best through the life-changing skills of meditation and mindfulness.</p> | Free | 4 years and above |
| <p><u>MeeTwo</u></p>  <p>The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.</p> | Free | 12 years and above |
| <p><u>My Possible Self: The Mental Health App</u></p>  <p>Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.</p> | Free | 4 years and above |

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| <p><u>Smiles and Tears</u></p>  <p>Smiles and Tears is a bereavement app where you can save your memories, remember your special person and seek support.</p> | Free | 4 years and above |
| <p><u>Stress & Anxiety Companion</u></p>  <p>Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.</p> | Free | 4 years and above |
| <p><u>Student Health App</u></p>  <p>The Student Health App provides easy access to more than 900 pages of reliable health information all in one place. The content has been created for university students by NHS doctors and is regularly updated. Use the app to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.</p> | Free | 17 years and above |

All information about the Apps has been gained from the app store. Some apps may require parental guidance for younger users. Please use your own discretion.

