



USEFUL APPS FOR BEREAVED YOUNG PEOPLE

For children and young people dealing with grief, technology builds a sense of community and helps to examine different emotions.

Below, our therapists have handpicked a selection of apps designed to help those who have experienced death.

Whether you're a parent seeking resources to support your child, or an individual searching for guidance in the midst of grief, our list of useful apps for bereaved children and young people aims to provide a safe space for self-reflection.

APPS FOR CHILDREN AGED FOUR AND ABOVE

Smiles & Tears

Developed by Nelson's Journey, Smiles & Tears provides an interactive space to save memories and write down thoughts, feelings and emotions following a bereavement. It also provides tips on how to manage common emotions in the midst of grief, such as anger, confusion, guilt and loneliness.

Chill Panda

Chill Panda teaches children to relax, understand their worries and improve their wellbeing. Set on a beautiful island near the sea, it takes the user on an expedition with the title character to fill up the Well of Wellbeing.

Cove

With Cove, children can create their own music to capture their mood and express their feelings. Clinically approved for the improvement of mental health, it focuses on music therapy to confront emotions of sadness, confusion and anger.



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Apart Of Me

Designed to help young people cope with the death of a loved one, Apart Of Me transports users to a magical island. It shares stories from those who have had similar experiences, and helps young people to accept their feelings however intense or uncomfortable they may be.

Headspace; Meditation & Sleep

Headspace is committed to making every day happier. Focused on meditation and mindfulness, it provides a range of exercises for stress, revision, anger management and relaxation.

Calm Harm

The urge to self harm can feel powerful, but Calm Harm is designed to help young people resist and manage the urge to do so. It's private and password protected, packed with activities to help individuals break the cycle of self harm behaviour.

Help2MakeSense

Developed by Winston's Wish, Help2MakeSense aims to help young people who have experienced the death of a loved one come to terms with their loss. It provides advice, tips, resources and reading lists on coping with grief.

Calm; Sleep & Meditation

When stress and anxiety feels all consuming, Calm provides a range of meditation exercises to relax and refocus the mind. It also provides tips for living mindfully, and exercises to help with broken sleep.

If you are concerned about the wellbeing of a young person, or you have recently lost a parent, carer or sibling, The Laura Centre is here to help.

To find out more about our services, email us via info@thelauracentre.org.uk or phone us on 0116 254 4341.