

Apps and Websites

Wellbeing

<https://happynotperfect.com/>

Fun app for young people to use daily to help with general wellbeing.



<https://www.nhs.uk/apps-library/chill-panda/>

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.



<https://www.meetwo.co.uk/how-meetwo-works>

MeeTwo is an app where young people can talk to other young people to discuss worries and issues and offer support and advise to others. All conversations are monitored.



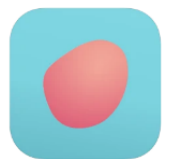
<https://www.kooth.com/>

Kooth is an online facility that offers support and counselling to young people. There are lots of interactive features to help young people with day to day issues.



Anxiety

Expressing your emotions can be hard. It can be easier if you make music! Cove is trusted by doctors and therapists as a safe and secure way to look after your mental health.



Self Harm

<https://calmharm.co.uk/>

App with lots of practical ideas to help young people control self-harming behaviours

