

Get around the clock support form therapists for stress & anxiety



Use breathing techniques to help relax, manage your worries and improve wellbeing



Audio tracks to help relax your mind and body and build confidence



Sleepio - Sleep improvement



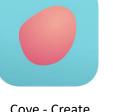
RCpsych mental health app - offers advice on mental health disorders, diagnosis, has podcasts and videos to support



Helps young people manage their emotions and reduce self-harm



Cove - Create music to reflex



your mood



A safe and secure site for teenagers to discuss any issues affecting their lives



Use games to track your mood and teach yourself methods to control stress and anxiety



**CALM HARM** 

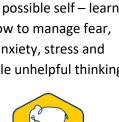
eQuoo - uses games to help manage emotions



My possible self – learn how to manage fear, anxiety, stress and tackle unhelpful thinking



Supportive online community by Mind





Offers support in recovery, will help you get well and stay well.



Learn to manage negative thoughts and looks at problems differently



distrACT - Information and advice about selfharm and suicidal thoughts



An eight week course to help manage stress, anxiety and depression



Help you stay present and positive throughout the day



#StayAlive

A pocket suicide prevention app. Filled with resources and information to stay safe



Daylio - diary mood tracker



A personal meditation guide