

## Apps to use for looking after your wellbeing for Young People

The Corona virus outbreak means that we are all faced with uncertainty and have to make changes in our lives. Staying at home, not being able to go to school and social distancing can be really hard to deal with. It's normal to feel scared, anxious, frustrated, bored or worried about the impact this might have on your family, friends and yourself.

If you are worried about your mental wellbeing and how you can cope, below are some suggested Apps you can use. Most of these are recommended by the NHS, but please check whether they are suitable for you. Whilst most are free, please be aware of potential in-apps purchases.

All Apps are available on both Apple and Android.



### Catch it

Learn how to understand your feelings better, especially **anxiety** and **low mood**. 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. It is based on the basic principles of Cognitive-Behavioural Therapy (CBT).



### Stress & Anxiety Companion

This App can help you handle your **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.



### MindShift

This App is specifically designed to help young people with **anxiety**. Rather than trying to avoid anxiety, you can make important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with **everyday anxiety**, as well as **specific** tools to tackle test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic and conflict.



### Smiling Mind

Modern **meditation**! It is designed to help **bring balance, de-stress** and stay calm. There are tailored mindfulness programmes for different age groups- select your group to access relevant content.



### MeTwo

The App provides a safe and secure **forum** for young people wanting to discuss **any issues** affecting their lives. You can anonymously get advice from experts or other young people going through similar experiences, such as mental health, self-harming, relationships and friendships. Every post gets checked before it goes live so there is zero bullying.



### Calm Harm

This is App designed to help people resits or manage the urge to **self-harm**. It's private and password protected. It provides tasks that encourage people to distract themselves and help manage their "emotional mind" in a more positive way. Please note that the app is an aid to treatment, but doesn't replace it.



### distrACT

This App gives you easy, quick and discreet access to information and advice about **self-harm** and **suicidal thoughts**. It is for anyone **over the age of 17**. It aims to help you better understand urges to self-harm and encourages you to monitor and manage your symptoms. There is information on emergency contact numbers, how best to work with healthcare professionals and safer alternatives to self-harming. It also has a Chill Zone with resources that may help you feel better, including art, books, films, music etc.