

Apps for Wellbeing

The following apps are designed to support mental health and wellbeing. All apps are available on both apple and android devices. Some apps allow you to use some of the resources for free, however, there may be additional charges so please check this before use.



Calm

Calm is an app that provides Meditation techniques to aid with stress and sleep



Mindshift

Mindshift is a free app designed to help teens and young adults cope with anxiety.



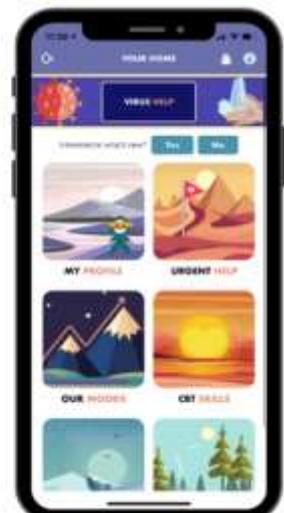
Happime

Happime is an app designed to help raise self-esteem, self-confidence and happiness levels in children and young people.



Think Ninja

Think ninja app helps young people aged 11-17 years old with their mental health, emotional well-being and resilience





SAM

A free app that offers a range of self-help methods to help manage anxiety



Smiling mind

Smiling mind is a meditation programme to help with mindfulness



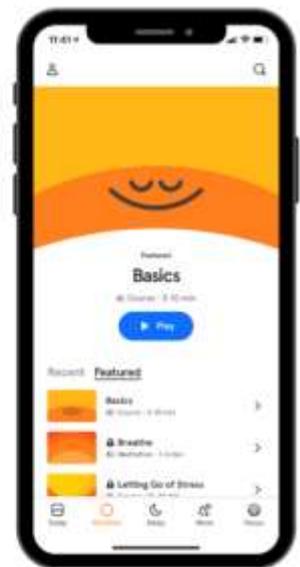
Breathe 2 Relax

Breathe 2 relax is a stress management tool to help with breathing and anxiety management



Headspace

Headspace is a free app providing meditation and mindfulness techniques. There are activities designed for all ages.



Chill Panda

Chill Panda helps children better understand their stress and shows them ways to feel better using breathing techniques, yoga, and exercise and calming games.

