














Recommended Digital Resources for Young People

Apps


<p>Breathe2Relax Phone app iTunes & Google Play</p>		<p>Breathe2Relax is a hands-on diaphragmatic breathing exercise tool.</p>
<p>Calm Phone app iTunes & Google play</p>		<p>Calm is the #1 app for meditation and mindfulness. Enjoy 100+ guided meditations to help you manage anxiety, lower stress and sleep better.</p>
<p>Calm Harm Phone app iTunes and Google Play</p>		<p>For young people who have already started the process of gaining an understanding of their self-harm issues Provides tasks to resist or manage the urge to self-harm. Four categories of tasks – distract, comfort, express, release.</p>
<p>Chill Panda Phone app iTunes & Google Play</p>		<p>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.</p>
<p>Headspace Phone app iTunes & Google Play</p>		<p>Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple.</p>
<p>Mindfulness Daily Phone app iTunes and Google Play</p>		<p>For relaxation, stress management, support for depression and anxiety. *great feedback from a young person who used it for anxiety and panic attacks.</p>
<p>SAM Self-help for anxiety management Phone app</p>		<p style="text-align: center;">For all ages.</p> <p>Designed to help people manage and record their anxiety. Users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety.</p>
<p>Sleepio Phone app iTunes and Google Play</p>		<p>Sleepio is a six week sleep improvement program. It has been designed by sleep expert Prof Colin Espie and features the latest Cognitive and Behavioural Therapy (CBT) techniques.</p>
<p>Smiling Minds Phone app iTunes and Google Play</p>		<p style="text-align: center;">For all ages (from 7 years+)</p> <p>Guided meditations, bite size options, categorised in age groups. Helps with thoughts and feelings and to self-check on mood.</p>

<p>SuperBetter Phone app iTunes and Google Play</p> 	<p>Designed to increase resilience – the ability to stay strong motivated and optimistic even in the face of difficult obstacles. Designed as a game to appeal to gamers</p>
<p>WellMind Phone app iTunes & Google Play</p> 	<p>For All ages Designed to help cope with stress, anxiety and depression. Includes advice, tips and tools to improve mental health and boost well-being.</p>
<p>WorryTime Phone app iTunes and Google Play</p> 	<p>Ages 12+ The theory behind app is that you can't control the thoughts that pop into your head but you can control what you do with them. This app allows users to control everyday stress and anxiety by acting as a place to store your daily worries.</p>
<p>Virtual Hope Phone app iTunes and Google Play</p> 	<p>The Virtual Hope Box (VHB) is designed as an accessory for treatment. Contains simple tools to help patients with coping, relaxation, distraction and positive thinking. Users can choose from different activities – distract me, inspire me, relax me and coping tools.</p>

Websites

<p>ReachOut Australia</p> 	<p>Not a UK website but a great resource</p>
<p>Mymind</p> 	<p>www.mymind.org.uk is an NHS website, run by CWP CAMHS. This site has been developed for everyone interested in the mental health and well-being of children and young people across Cheshire and Wirral.</p>
<p>Young Minds</p> 	<p>A great resource covering most mental health issues</p>
<p>Self harm UK</p> 	<p>Dedicated to young people who self-harm. For young people at the beginning for their recovery journey.</p>

YouTube Channels

<p>WatchWellCast</p> 	<p>YouTube videos. An excellent resource. Short videos developed in a way that are accessible to young people.</p>
---	--