
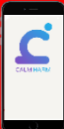







Free Mental Health & Emotional Wellbeing Apps



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|  | <p>BBC Own It – This app is part of the BBC’s commitment to supporting children and young people in the digital world. You can access the app at any time to get real-time, on-screen advice and support the moment they need it.</p> |
|  | <p>Calm – A free app for meditation and sleep including guided meditations, mindfulness, sleep, stories, breathing programmes, master-classes and relaxing music. Some content is only available through a paid subscription.</p> |
|  | <p>Calm harm – A free app designed to help people resist or manage the urge to self-harm. It has the option of being private and password protected. Using the app can allow you to track your progress and notice change.</p> |
|  | <p>Daylio – A free private journal app without the need to type. Choose from emojis to represent your mood and activities you have been doing. Over time, you can notice patterns and understand you habits better.</p> |
|  | <p>eQuoo – An evidence-based Emotional Fitness Game proven to build resilience, boost your relationship skills, enhance personal growth and lower anxiety.</p> |
|  | <p>KOOTH Online Counselling – A free, safe and anonymous service for 11-18 year olds where young people can chat 1-2-1 with counsellors, access self-help articles 24/7 and connect with peers through live moderated forums.</p> |
|  | <p>Smiling Mind – Practice your daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. We suggest 10 minutes a day.</p> |
|  | <p>Think Ninja – An app which has been specifically designed to educate young people (10 to 18 years old) about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. It is built on cognitive behaviour principles which is based on the theory that our thoughts, feelings and behaviour are all connected.</p> |
|  | <p>Worry Tree: Anxiety Journal – An app which helps you to record, manage and problem solve your worries and anxieties based on cognitive behaviour therapy techniques. It supports you through the problem-solving process – helping you either to make a plan to deal with your worry or to mindfully refocus your attention to help you cope.</p> |