

# Links to resources and strategies for wellbeing

## Anxiety



Worry Tree: This app aims to help you take control of worry wherever you are.



Clear Fear: This is a free app to help with managing anxiety



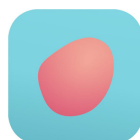
MindShift: This is a free app with advice managing anxiety and relaxation methods.



SAM: This is an app to understand and manage feelings of anxiety.

A happiness journal is also a useful tool. .

## Depression/low mood



Cove: Create music to reflect emotions and express how you feel.



Catch it: A free app to help you learn how to catch negative thoughts and look at them differently using CBT techniques



Headspace: A paid subscription app to support meditation



Smiling Mind: A meditation program developed to bring balance in just 10 mins a day.



HappySelf Journal



Young Minds: help and advice around youth mental health



Anna Freud Centre for Children and Families Self-Care plan and Guide - Link to page with downloadable and printable PDF

## Resilience



SuperBetter: Free app which helps to build resilience- the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.



Happify: Overcome negative thoughts, stress and life's challenges.



Feeling good teens: This app uses short audio clips to help let go of worry, improve sleep, develop self esteem and resilience

## Self harm



Calm harm: A Free app that aims to help young people manage the urge to self harm

## Stress/sleep difficulties

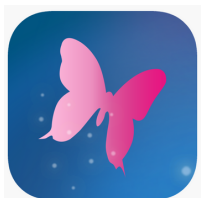


1 Giant Mind: This is to help anyone who wants to feel less stressed, more calm and present.



CALM: This paid (in app purchases) app gives meditation techniques to aid with stress and sleep.

## Bereavement



Butterfly: This free app supports self care after bereavement.



Apart of me: An app designed to support young people to come to terms with bereavement.

## Help lines



# childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](https://www.childline.org.uk) | 0800 1111



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

