

Helpful Resources

App	Age Range	Purpose	Cost
Mindshift	Teens and young adults	Anxiety management and relaxation exercises.	Free
Calm	Young adults	Sleep and meditation	1 week free followed by subscription.
Headspace	First steps (ages 3-5), Curious minds (ages 6-8), and Growing up (ages 9-12) Young adults	Meditation and anxiety management	Some stuff free then monthly subscription
Happy Not Perfect	Young adults	Meditation Situation guides	In app purchases
Sam App	Young adults	To help you understand and manage anxiety.	Free
Blue Ice	Young people attending mental health services who are self-harming	Mood diary and a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue. Music library, photo library, physical activities, relaxation and mindfulness exercises, and spotting and challenging negative thoughts.	Free
Smiling Mind	Children and young adults	Mindfulness and meditation	Free
Catch it	All ages	Learn how to manage feelings like anxiety, anger and depression. 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.	Free

Calm Harm	Young people attending mental health services who are self-harming	<p>Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.</p> <p>Based on DBT</p> <p>The app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way.</p>	Free
Chill Panda	Children and Young People	Breathing techniques and light exercise	Free
Cove	All ages	<p>Cove is like a mood journal, except instead of using words to express how you feel, you use music.</p> <p>To create music, choose from six different moods – calm, struggling, longing, playful, clouded and gentle.</p> <p>Once you've selected your mood, you can easily add and remove different musical effects.</p> <p>Store your music in a private journal to revisit at any time. Add some personal thoughts and tags or send it to someone to express yourself</p>	Free
distrACT	Under 17s thinking of self-harming	The distrACT app aims to help you better understand urges to self-harm, and encourages you to monitor and manage your symptoms. It can also help reduce the risk of suicide.	Free

		<p>There's advice and support information, including emergency contact numbers, how best to work with healthcare professionals, and safer alternatives to self-harming.</p> <p>In the app's Chill Zone, you can find resources that may help you feel better, including art, books, films, music, poems, quotes, stories and online videos</p>	
Thrive	All ages	<p>Helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.</p>	Free
Breathe, Think, Do with Sesame	2-5	<p>improving emotional self-regulation and problem-solving skills. Uses short games, e.g. help the monster to calm down or solve everyday challenges. Available in English and Spanish.</p>	
The Big Moving Adventure (Sesame Street)	2-5	<p>Games to help them deal with the practical and emotional tasks involved in moving home and making new friends.</p>	
Sesame Street: Divorce	2-8	<p>This app provides parents and caregivers with tools to help children ages 2-8 cope with the many transitions related to divorce or separation, with interactive tools using age appropriate language</p>	

Here are some useful websites for young people who are experiencing some difficulties with their mental health.

www.youngminds.org.uk

www.mycamhschoices.org

www.moodjuice.scot.nhs.uk

www.kidscape.org.uk

www.rethink.org.uk

www.talktofrank.com

www.anxietycanana.com

www.cci.health.wa.gov.auhttp://www.theministryofparenting.com/wp-content/uploads/2018/05/Anxiety-help-book-for-Teens.pdf

Here are some useful websites for parents.

www.youngminds.org.uk

www.minded.org.uk

www.rcpsych.ac.uk

www.nhs.uk

www.mycamhschoices.org

parentingni.org

Please refer to the contact numbers detailed below for out of hours services.

GP Out of Hours – 02838399201

Social Work Out of Hours – 02895049999

Lifeline – 08088088000

Childline – 0800 11111