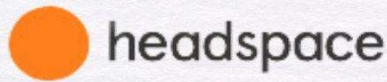


Available Well-being Apps

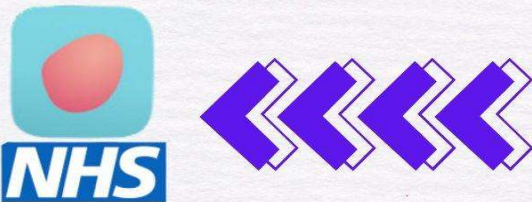


HeadSpace

HeadSpace is an application offering guided meditation sessions and mindfulness training focusing on stress, anxiety, sleep, and various emotions. You can explore the trial features of the app for free.

Smiling Mind

Is a free app offering programs by psychologists for various age groups and specific settings like sports, education, and the workplace to manage stress and challenges.

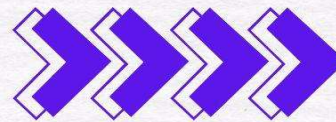


Self-Help Anxiety Management

SAM has been developed by a university team of psychologists, computer scientists & student users. The app lets users self-monitor anxiety and graph this. Users are encouraged to build their own Anxiety Toolkit of SAM resources and to draw on this for regular practice in managing anxious situations. The app is not text-heavy and highly visual.

Cove

Cove is an app that was designed for individuals who find it hard to express themselves verbally. In this app, young people can capture their mood or express how they feel by making music and storing it in a personal journal. Entire app is free.



thinkNinja

Think Ninja

Think Ninja is an app that educates 10-18-year-olds on mental health and well-being, addressing stress, anxiety, and low mood. It offers tools for resilience, guided by the Wise Ninja combining AI and psychology.

Stop Breathe and Think Kids

Users select how they feel upon opening the app. Depending on their choices, they are then given a 'mission' to launch. Each mission is a few minutes long and missions range from watching mindful cartoons, to being guided through relaxation exercises in the form of cartoons. Free app with options to purchase more.



Available Well-being Apps



Mood Tools

Mood Tools allows users to input their mood, watch helpful videos, keep a thought diary, choose activities to do and make safety plans.

Daylio

Allows users to keep a free private diary and capture their mood and day without having to write anything. All responses are made by clicking visual icons.



Daylio

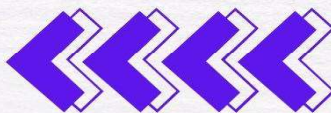
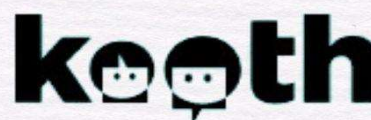


Relax Melodies

An app designed to aid sleep. Users can create their own soundscape, add meditations or listen to a bedtime story.

KOOTH

Kooth is a free, online, anonymous well-being support community for young people. The kooth website allows you to access magazines for information, join a discussion, chat with a member of the team and keep a daily journal.



Catch it

Catch It was a joint app project between the University of Liverpool and University of Manchester. It is designed to help people capture their mood and create a diary. The idea behind the app is to turn your negative emotions into positive experiences.

Calm

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in various lengths between 5-25 minutes. The app also includes sleep stories to support sleep and breathing exercises.



Available Well-being Apps

Super-Stretch Yoga

Users have fun & get fit learning yoga poses from animated superhero characters. Go from start to finish or pick a pose, from up to 60 combinations. The app aims to teach breathing, play and mindfulness to children through yoga fitness.

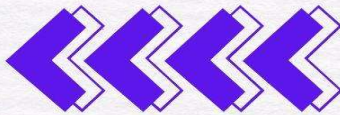
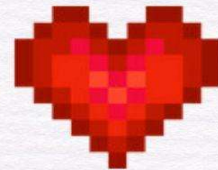
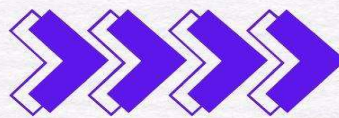


Plazma

A free app that acts as a virtual lava lamp to provide a visual, calming sensory stimuli. Users can simply watch the lava float or swipe their finger over the screen to manually move the lava around.

Sandbox Colouring

A mindfulness app offering virtual colouring by numbers. It provides free colouring pages for users to enjoy without purchasing any paid ones. Users can zoom in to colour by numbers and watch a video of their completed colouring.



Feeling Good Teens

A program for 10-15-year-olds to enhance self-esteem, resilience, and motivation. It includes 11 tracks focusing on relaxation, self-confidence, coping with stress, and improving sleep, using a blend of relaxation, positive psychology, and sports coaching techniques aimed at boosting core non-cognitive skills.

Clear Fear

An app which helps manage anxiety symptoms using Cognitive Behavioural techniques, developed collaboratively with young people. It targets anxious thoughts, emotions, and behaviours, includes anxiety presentations, resources, and a resilience section. Recommended for ages 11-19, but younger users can use it with adult support.



Disclaimer - These applications are not intended to be a replacement for treatment nor any sort of medical intervention.