




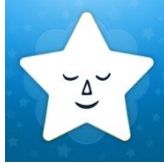
## Shropshire Telford & Wrekin Beam Ludlow Beam











# APPS/WEBSITES TO SUPPORT EMOTIONAL HEALTH AND WELLBEING





*Parents/carers & professionals – the apps & websites listed and information given about them below are as a guide only. You should check their suitability before downloading for your child(ren), and monitor usage. Be aware that while some apps may be free to download, they may offer in-app purchases.*




***\*\*Please note this is not an exhaustive list\*\****





App Icon	App Name	Age Rate	Presenting Issues	Description
	Stop, Breathe and Think	4+	<ul style="list-style-type: none"> <li>- Stress, Anxiety &amp; Depression</li> <li>- Focus</li> <li>- Compassion</li> <li>- Sleep</li> </ul>	It allows you to check in with your emotions, and recommends short guided meditations, yoga and acupuncture videos, tuned to how you feel.
	Stop, Breathe and Think Kids	4+	<ul style="list-style-type: none"> <li>- Stress, Anxiety &amp; Depression</li> <li>- Focus</li> <li>- Compassion</li> <li>- Sleep</li> </ul>	Meditation and mindfulness made easy and fun for kids, to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts.




	Bright Sky	-	<ul style="list-style-type: none"> <li>- Domestic Abuse</li> </ul>	<p>You can;</p> <ul style="list-style-type: none"> <li>- Contact your nearest service by phone from the app, searching by area name, postcode or using your current location.</li> <li>- A secure My Journal tool, where incidents of abuse can be logged without any of the content being saved on the device itself.</li> <li>- Questionnaires to assess the safety of a relationship, plus a section on dispelling myths around domestic and sexual abuse.</li> </ul>
	SilverCloud Toolkit	-	<ul style="list-style-type: none"> <li>- Anxiety</li> <li>- Stress</li> <li>- Depression</li> <li>- Body image</li> </ul>	<p>*** This app requires a SilverCloud account. Please check with your healthcare service to see if they offer SilverCloud. ***</p>
	MeeTwo	-	<ul style="list-style-type: none"> <li>- Stress</li> <li>- Worry</li> </ul>	<p>MeeTwo is designed for young people aged 13 - 23. With MeeTwo you can: Ask questions; anonymity means that you can ask about literally anything.</p> <p>Get advice from other young people; you'll soon find out that you are not the only one struggling with a particular issue.</p> <p>Help other young people; sharing your experiences can help other kids who are in the same situation.</p> <p>Get expert input; a team of experts ensure that all questions get smart safe support.</p> <p>Learn about stuff they don't teach you at school; wellbeing, mental health, sexual health, relationships, friendships and a whole lot more.</p>

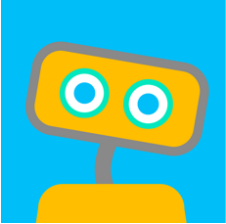


	DistrACT	-	<ul style="list-style-type: none"> <li>- Suicide prevention</li> <li>- Self- Harm</li> </ul>	<p>The distrACT app provides easy, quick and discreet access to general health information and advice about self-harm.</p>
	Catch It	-	<ul style="list-style-type: none"> <li>- Low mood</li> </ul>	<p>Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary.</p>
	3GoodThings	-	<ul style="list-style-type: none"> <li>- Low Mood</li> </ul>	<p>Record three good things in your life each day. Use these to focus on the positive parts of your life and remind you of the good things when needed.</p>
	Three Good Things – A Happiness Journal	-	<ul style="list-style-type: none"> <li>- Low Mood</li> </ul>	<p>It's been shown that if you write down three good things that happen to you everyday, your happiness and positivity increase. Three Good Things, a happiness journal, enables you to do exactly that with a simple user-interface and gamification to encourage engagement.</p>
	Smiling Mind	-	<ul style="list-style-type: none"> <li>- Low Mood</li> </ul>	<p>Smiling Mind is a FREE mindfulness meditation app developed by psychologists and educators to help bring balance to your life.</p> <ul style="list-style-type: none"> <li>- Programs for all ages</li> <li>- 10min/day is all you need to start seeing the benefits</li> </ul>

	Breathe, Think, Do with Sesame	4+	<ul style="list-style-type: none"> <li>- Anger</li> <li>- Low Mood</li> <li>- Stress</li> </ul>	<p>Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more!</p>
	Mindful Powers	4+	<ul style="list-style-type: none"> <li>- Stress</li> <li>- Anxiety</li> </ul>	<p>Mindful Powers™ is an award-winning, kid-first, holistic approach to helping young minds learn and practice mindfulness so they can respond more effectively to stressful situations through the power of play. Built on a skills-based approach that helps children in early and middle childhood build a healthier relationship with life, stress, and anxiety, Mindful Powers™ empowers kids to bring calm to their lives at the touch of their fingertips.</p>
	Calm Child	4+	<ul style="list-style-type: none"> <li>- Worry</li> <li>- Anxiety</li> <li>- Low Mood</li> </ul>	<p>Developed by a child psychologist, based on her work with hundreds of children, our stories teach children meditations to help cope with common fears and anxieties. Children will listen to a story and may not even realize that what they are listening to is a meditation. As a result, children will be better able to acknowledge, verbalize and control their feelings.</p>
	Relax Melodies	4+	<ul style="list-style-type: none"> <li>- Sleep</li> </ul>	<p>Relax Melodies makes you fall asleep in minutes by helping you combine Soothing Sounds, Bedtime Stories, Sleep Meditations, and SleepMoves. Relax Melodies is recommended by leading doctors and neuropsychologists to give you a better night's sleep.</p>




	<p>DreamyKid Meditation App</p>	<p>4+</p>	<p>- Sleep</p>	<p>Meditation categories for kids, boys and girls, ages 3 - 17 include General Meditations (confidence-building, positive-thinking, etc.), Sleep Stories, Guided Journey, Healing Activities, Affirmations and Issue-Based Guided Meditations (ADD/ADHD, anxiety, overeating, etc.). Included is a timer, gentle background ambiance selections, link to our community and so much more. Mindful meditations added every month - we've added new categories, new teachers, new programs, daily inspirational quotes, soothing background sounds and a timer!</p>
	<p>Moshi Twilight Sleep Stories</p>	<p>4+</p>	<p>- Sleep</p>	<p>Kids can't sleep? Enjoy calm and relaxing bedtimes by helping your little ones drift off quickly and easily with this award-winning Sleep Stories app.</p>
	<p>Stay Alive</p>	<p>4+</p>	<p>- Suicide Prevention</p>	<p>This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.</p> <p>In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.</p>




	DMHS: Interactive Suicide Prevention	12+	- Suicide Prevention	Daily mood tracker, a problem-solving tool, the ability to create a personalized safety plan and more. It still contains all of the useful information from the 1st edition (including guidance on “Where to Start and What to Ask” for people concerned about someone in their life), in a more welcoming and interactive framework.
	Suicide Safety Plan	12+	- Suicide Prevention	Suicidal thoughts can seem like they will last forever – but these thoughts and feelings pass with time. This app is designed to support those dealing with suicidal thoughts and help prevent suicide.
	Calm in The Storm Stress Management and Relaxation	12+	- Stress - Anxiety	<p>Reduce, manage, and learn about stress in your life with Calm in the Storm. This easy to use app, created by mental health professionals using clinically proven information and strategies, features:</p> <ul style="list-style-type: none"> <li>• guided audio meditations to relieve your stress</li> <li>• tools for assessing your stress</li> <li>• ability to track your perceived stress levels and symptoms over time</li> <li>• personalization through adding your own pictures and phrases that help calm you</li> <li>• a fully customizable stress safety plan</li> <li>• valuable information about stress</li> </ul>
	Better Stop Suicide	12+	- Suicide Prevention	<p>We have designed this app to simply help you press your own stop button should suicidal thoughts come to you. Remember ‘suicide is a permanent solution to a temporary problem’. And your calm thinking brain already knows that, doesn't it.</p> <p>We really appreciate that your emotions may be running high, so much of the work in this app is to</p>

				calm and slow your mind, and to help you to use your thinking brain.
	Autism Emotion Therapy	4+	- Autism	Autism Spectrum Superpowers makes it surprisingly simple to turn daily behaviour into a fun and rewarding learning experiences that target crucial developmental skills.  Proven techniques for promoting play, language, communication, speech and engagement.
	Emotions and Feelings Chart	4+	- Low Mood	There are plenty of emotions, not only "happy" and "sad". There are plenty of reasons why people have different feelings. It is a challenge for many people including kids to understand it. Help kids identify, understand and talk about emotions and feelings. Discuss with your kids every day about what happened and what their emotions were and why. Keep track of it together.
	Mood App: Journal	12+	- Low Mood - Anxiety	Mood App provides tools to allow you to express yourself. Live venting, anonymous posts, and journaling help you analyze your thoughts and understand whats on your mind.  Use mood to vent about what you're currently going through. Whether it's a break up or a panic attack, Mood App gives you the tools to express what you're feeling live in the moment so you don't get stuck in your thoughts.

	<p>Woebot – your self-care expert</p>	<p>17+</p>	<ul style="list-style-type: none"> <li>- Stress</li> <li>- Worry</li> <li>- Anxiety</li> </ul>	<p>Meet Woebot! Your friendly self-care expert. Woebot can help you:</p> <ul style="list-style-type: none"> <li>- Think through situations with step-by-step guidance from Woebot using tools from Cognitive Behavioral Therapy (CBT)</li> <li>- Learn about yourself with intelligent mood tracking</li> <li>- Master skills to reduce stress and live happier through over 100+ evidence-based stories from our clinical team</li> </ul>
	<p>Self Help</p>	<p>12+</p>	<ul style="list-style-type: none"> <li>- Anxiety</li> <li>- Depression</li> <li>- Anger</li> <li>- Domestic Violence</li> <li>- Abuse</li> <li>- Alcohol</li> <li>- Drugs</li> <li>- Bereavement</li> <li>- Eating Disorders</li> <li>- Food for Thought</li> <li>- Hearing Voices</li> <li>- Obsessions</li> <li>- Panic</li> <li>- PTS</li> <li>- Self-Harm</li> <li>- Social Anxiety</li> <li>- Sleep</li> <li>- Stress</li> </ul>	<p>Covering common mental health issues from anxiety, depression and panic to anger, domestic violence and sleeping problems. Our guides contain useful tips and hints as well as self-help techniques.</p> <p>Each guide has an introductory video as well as a choice of male and female recorded audio versions available to stream. Guides can also be downloaded free of charge for offline reading and can even be printed directly from your iOS device.</p>
	<p>AngryTimer</p>	<p>4+</p>	<ul style="list-style-type: none"> <li>- Anger</li> </ul>	<p>When you start to feel anger, irritation, or anxiety, launch this app immediately. Look at its ring and feel its tender haptics, and let you calm down during counting 6 seconds. Your anger will be released, and you will be free from troubles being caused by your anger. Make this habit when those feelings happen.</p>



	Grief: Support for Young People	4+	<ul style="list-style-type: none"> <li>- Bereavement</li> </ul>	<p>The app has information about bereavement, grief, feelings and how to help yourself. You can also read others' stories and watch short films written and made by bereaved young people. The app links to the Child Bereavement UK website where you can use search facilities to find other support organisations near you.</p>
	Clear Fear	4+	<ul style="list-style-type: none"> <li>- Anxiety</li> <li>- Stress</li> <li>- Low mood</li> </ul>	<p>Clear Fear provides you with a range of ways to manage the symptoms of anxiety.</p> <p>Developed by a clinician co-collaboratively with young people, Clear Fear uses a Cognitive Behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful descriptions of the different ways in which anxiety presents, resources and a 'grit box' to boost resilience.</p> <p>It is recommended for the ages of 11-19 years but can be used by a younger group with the support of a parent or carer.</p>
	Calm Harm	12+	<ul style="list-style-type: none"> <li>- Self-Harm</li> </ul>	<p>Calm Harm provides tasks that help you resist or manage the urge to self harm. You can add your own tasks too and it's completely private and password protected.</p>

	<p><b>Pzizz</b></p>		<ul style="list-style-type: none"> <li>- Sleep</li> </ul>	<p>The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed.</p> <p>It uses "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.</p>
	<p><b>Brush DJ</b></p>		<ul style="list-style-type: none"> <li>- Self care</li> </ul>	<p>Brush DJ plays two minutes of your music so you brush your teeth for the right amount of time. The app has short videos on how to brush your teeth and how to clean in between them using an interdental brush or floss.</p>
	<p><b>Think Ninja from Healios</b></p>		<ul style="list-style-type: none"> <li>- Emotional health and wellbeing</li> <li>- Targeted CoVid content</li> </ul>	<p><b>Empowering children and young people to build resilience, manage their emotional health and to fulfil their potential.</b></p>

## Websites

Name of Site	Website Link	Description
Kooth	<a href="https://www.kooth.com/">https://www.kooth.com/</a>	Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.
ChildLine 121 Counsellor	<a href="https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/">https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</a>	Chat with a counsellor online about whatever's worrying you
The Mix	<a href="https://www.themix.org.uk/get-support/speak-to-our-team">https://www.themix.org.uk/get-support/speak-to-our-team</a>	If you are under 25, you can talk to The Mix for free on the phone, by email or on their web chat. You can also use their phone counselling service, or get more information on support services you might need.
On My Mind (Anna Freud Centre)	<a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>	Website aimed at empowering young people to make informed choices about their mental health and wellbeing. Co-produced with other young people.