

Apps and Resources

- Positive Penguins – <http://positivepenguins.com/>

Aimed at 8-12 year olds, this app helps children understand their feelings and challenge negative thinking.

- BASE – http://solentcamhs.nhs.uk/page_sa.asp?fldKey=247

Helps children struggling with depression and anxiety track their emotions and pinpoint the times when they feel the most stressed or anxious.

- MindShift – <https://www.anxietybc.com/resources/mindshift-app>

Designed to help young people cope with anxiety by teaching them how to relax, develop more helpful ways of thinking and identify active steps to help take charge of anxiety.

- Get Self Help – www.getselfhelp.co.uk

This website offer free cognitive behavioural based self help and therapy resources, including worksheets and self-help mp3s.

- Calm Harm App – <https://www.stem4.org.uk/calmharm/>

Aims to help young people resist the urge to self-harm by using four task categories which reflect the reasons many people choose to self-harm: distract, comfort, express, relief.

- Self-Heal – www.self-healapp.co.uk/Home/

Helps users to resist the urge to self-harm. Also uses library images for distraction and to promote recovery.

- Child Bereavement UK – <https://childbereavementuk.org/our-app/>

Developed by Child Bereavement UK and a group of young people who have experienced bereavement. Aims to help young people who have lost somebody close to them and to provide information on where they can get more support.