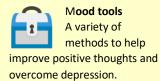
## **APPS TO HELP YOUR MENTAL HEALTH**





Well Mind Gives advice on stress, anxiety and

depression.



What's Up? Uses proven therapy to help with anxiety,

depression, anger, and stress.



My Possible Self helps you take control of feelings,

thoughts, habits, to overcome fear, anxiety and stress.



Feeling Good Listen to tracks which help build confidence, energy and a positive mindset.



Catch it helps you to see how you react to situations, and change your

behaviour.



various methods to help you overcome the urge to self





Blue Ice helps young people manage emotions and

reduce self harm.



Chill Panda helps children use breathing to relax and feel less



Drinkaware helps you reduce how much alcohol you



Couch to 5K is a programme to help you get fitter.



First Aid by British Red Cross has videos and advice to help with most

emergencies



eQoo is an adventure game to help increase emotional fitness

and learn new psychological skills.



Let's meditate sleep and guided relaxation: different guided meditations

for a range of situations.

Useful websites: https://youngminds.org.uk/ http://www.sane.org.uk/ https://www.mind.org.uk/ https://papyrus-uk.org/ https://www.samaritans.org/