



Get around the clock support from therapists for stress & anxiety



Helps young people manage their emotions and reduce self-harm



Reduces urges to self-harm and manages emotions



Learn to manage negative thoughts and looks at problems differently



Use breathing techniques to help relax, manage your worries and improve wellbeing



Cove - Create music to reflex your mood



eQuoo – uses games to help manage emotions



distrACT – Information and advice about self-harm and suicidal thoughts



Audio tracks to help relax your mind and body and build confidence



A safe and secure site for teenagers to discuss any issues affecting their lives



My possible self – learn how to manage fear, anxiety, stress and tackle unhelpful thinking



An eight week course to help manage stress, anxiety and depression



Sleepio - Sleep improvement



Use games to track your mood and teach yourself methods to control stress and anxiety



Supportive online community by Mind



Help you stay present and positive throughout the day



RCpsych mental health app – offers advice on mental health disorders, diagnosis, has podcasts and videos to support



Daylio – diary mood tracker



HEADSPACE® A personal meditation guide



Offers support in recovery, will help you get well and stay well.



#StayAlive A pocket suicide prevention app. Filled with resources and information to stay safe