

Emotional Well-being Apps

Below are a collection of apps that are designed to support young people and their families with their mental health and well-being. If you scan the QR code next to the app description it will take you to the website where you can click and download the app via Google Play or the App Store.



Calm Harm is a free app that helps you manage or resist the urge to self-harm.

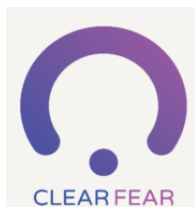


Learn how to manage feelings like anxiety and depression with **Catch It**.



Chill Panda

Learn to relax, manage your worries and improve your wellbeing with Chill Panda.



Clear Fear is a free app developed to reduce anxiety using effective Cognitive Behavioural Therapy (CBT) techniques and is recommended for 11 to 19 year olds.



Combined Minds app helps families and friends to support young people with their mental wellbeing.



Feeling Good

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.





Headspace is meditation made simple. The app will teach you life-changing skills or meditation and mindfulness in just a few minutes a day.



MindShift CBT is a free self-help anxiety relief app, that helps you reduce worry, stress, and panic by following evidence-based strategies.



Move Mood

Designed to help you improve your mood by encouraging you to increase your motivation to carry out a variety of tasks in order to help you to move forward, take control and feel positive.



My Possible Self

Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking.



notOk is a free digital panic button to get you immediate support via text, phone call or GPS location when you're struggling to reach out.



Worry Tree

Take control of worry and anxiety, one day at a time.



Everyday Mental Health by Wysa

Mental health services for people experiencing stress, anxiety and depression. Free for 12-18 year olds, access Wysa Premium by scanning the QR code and entering code BCWO2023.

