

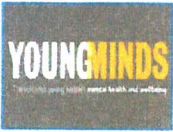




Breathe2Relax Phone app iTunes & Google Play		Breathe2Relax is a hands-on diaphragmatic breathing exercise tool.
--	---	--

Websites



ReachOut Australia 	Not a UK website but a great resource
Young Minds 	A great resource covering most mental health issues
Self harm UK 	Dedicated to young people who self harm. For young people at the beginning for their recovery journey.

YouTube Channels

WatchWellCast 	YouTube videos. An excellent resource. Short videos developed in a way that are accessible to young people
--	--

Recommended Digital Resources for Young People

Apps

SAM Self help for anxiety management Phone app 	For all ages. Designed to help people manage and record their anxiety. Users can record their anxiety levels and identify different triggers. The app includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety.
Virtual Hope Phone app iTunes and Google Play 	The Virtual Hope Box (VHB) is designed as an accessory for treatment. Contains simple tools to help patients with coping, relaxation, distraction and positive thinking. Users can choose from different activities – distract me, inspire me, relax me and coping tools.
Smiling Minds Phone app iTunes and Google Play 	For all ages (from 7 years+) Guided meditations, bite size options, categorised in age groups. Helps with thoughts and feelings and to self check on mood.
Calm Harm Phone app iTunes and Google Play 	For young people who have already started the process of gaining an understanding of their self harm issues Provides tasks to resist or manage the urge to self harm. Four categories of tasks – distract, comfort, express, release.
SuperBetter Phone app iTunes and Google Play 	Designed to increase resilience – the ability to stay strong motivated and optimistic even in the face of difficult obstacles. Designed as a game to appeal to gamers
WorryTime Phone app iTunes and Google Play 	Ages 12+ The theory behind app is that you can't control the thoughts that pop into your head but you can control what you do with them. This app allows users to control everyday stress and anxiety by acting as a place to store your daily worries.
Mindfulness Daily Phone app iTunes and Google Play 	For relaxation, stress management, support for depression and anxiety. *great feedback from a young person who used it for anxiety and panic attacks
WellMind Phone app iTunes & Google Play 	For All ages Designed to help cope with stress, anxiety and depression. Includes advice, tips and tools to improve mental health and boost well-being.