



Mindfulness/ Mental Health Apps (may not be available on all platforms):

- Headspace (Mindfulness)
- Calm (Meditation)
- Mindful Gnats (Mindfulness and Relaxation)
- WellMind (NHS, Mental Health)
- Mood Tracker (Mental Health)
- MindShift (Anxiety)
- SAM App (Anxiety)
- Recovery Record (Eating Disorders)
- CalmHarm (Self-Harm)
- Stay Alive (Suicide Help)
- Child Bereavement UK (Bereavement/Grief)

There are hundreds of different apps for all different problems so feel free to type keywords into your app store to discover lots more useful apps.

Helpful Websites that provide information and/or live chat service:

NHS Moodzone:

Helpful information about mental health with tips and resources. <https://www.nhs.uk/conditions/stress-anxiety-depression/>

NHS Mindfulness:

Helps to understand what Mindfulness is (your counsellor can also explain to you), tips and resources also available. <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Shout:

Crisis texting service for young people who need immediate help (if it's life threatening or urgent then please call 999 instead). <https://www.giveusashout.org>

Kooth:

A mental health platform for children and young people, live chat available if immediate support is needed. [www.kooth.com](http://www.kooth.com)

Mind:

Mental Health Charity, they have a chat service and lots of useful information. <https://www.mind.org.uk/>

Young Minds:

Resources and information for young people and parents, they also provide a support service. <https://youngminds.org.uk/>

Child Bereavement UK:

Help and support for anyone going through a bereavement. <https://www.childbereavementuk.org/>

*Please note: The above information has been created through my own research/knowledge. I am not affiliated or sponsored by any of the above information.*