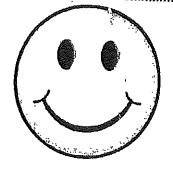


Useful websites



Anxiety BC

This website will help you understand and manage anxiety. https://www.anxietybc.com/

Young Minds

This website provides expert knowledge to parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications.

www.youngminds.org.uk

Mind

This website provides advice and support to empower anyone experiencing a mental health problem. This website explains the different types of mental health problems and gives you advice on how to deal with them in a healthy way.

www.mind.org.uk

Self-Esteem Dove

This website aims to help girls develop a positive relationship with the way they look, helping them to raise their self-esteem and realise their full potential. Dove have developed a workshop called The confident Me' which helps students to build body confidence and avoid valuing themselves and others on the basis of appearance.

www.selfesteem.dove.co.uk

Useful Apps

MindShift App

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety

SAM App

SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

¬ • Relaxing Sounds

· Cant sleep? This relaxing sounds app will help you. The app contains relaxing melodies to help sleep/meditation.

Relax Lite

This app offers effective and rapid stress relief in 5 minutes. It will help you to de-stress with guided breathing exercises.

PLEASE TURN OVER FOR MORE!!! ©

Mood Fruce

Sleepfulness

Effective sleep app, powered by mindfulness. This app is packed with guided tracks designed to improve sleep.

Calm

Help you meditate, sleep and relax.

Headspace App

meditation and mindfulness techniques to help manage stress and anxiety, improve well-being, and become happier overall. The series of guided meditations is designed to train your brain in just 10 minutes a day, with the ability to track and reward yourself for progress, along with a buddy system so that you can stay motivated and help others do the same.

Happify App

Overcome stress and negative thoughts. Build resilience

Pacifica

App for stress and anxiety. Day-by-day, you'll learn to manage your feelings at your own pace

What's Up?

This app helps to identify negative thinking patterns and the sources of anxiety. It features breathing techniques, habit and anxiety trackers, positive quotes, forums, and even a game.

7 Cups

Feeling worried, sad, stressed or lonely? Need to talk to someone? Anonymous conversations with volunteers.

Worry Box

Journal for children and adolescents to record their worrisome thoughts. Steps are then identified in managing the worry. Coping strategies and statements can be selected from a list especially if the worry feels uncontrollable in an effort to think about the worrisome situation differently.

Stop, Breathe & Think App

A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.

This app asks you to enter how you feel and then suggests a variety of meditation practices based on your response

Breathe2Relax

Aids in diaphragmatic breathing that decreases the body's natural "fight-or-flight" response—a big aspect of anxiety, anger, and general mood instability.

Smiling Mind

Modern meditation for young people, this app will help bring balance to young lives.

End Anxiety

This app helps young people to learn how to avoid anxiety and improve relaxation.