

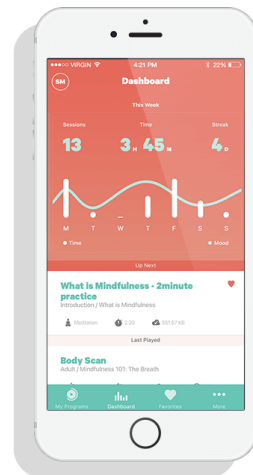
HeadSpace

Headspace is an app that provides guided meditation sessions and mindfulness training in areas such as stress, anxiety and sleep. It also has sessions to cover varying emotions. Free to use the trial parts of the app.



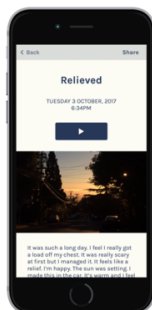
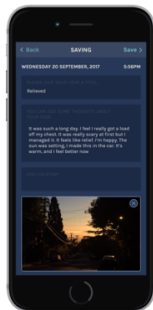
Smiling Mind

Smiling Mind offers a free app-based tool developed by psychologists and educators to assist people in dealing with the pressure, stress and challenges of daily life. Programs are offered for: 7 - 9 years old, 10 - 12 years old, 13 - 15 years old, 16 - 18 years old, adults, sport, mindfulness in education & mindfulness in the workplace



Cove

Cove is an app that was designed for individuals who find it hard to express themselves verbally. In this app, young people can capture their mood or express how they feel by making music and storing it in a personal journal. Entire app is free.



Self-Help Anxiety Management

SAM has been developed by a university team of psychologists, computer scientists & student users. The app lets users self-monitor anxiety and graph this. Users are encouraged to build their own Anxiety Toolkit of SAM resources and to draw on this for regular practice in managing anxious situations. The app is not text-heavy and highly visual.



Worry Float

A free app for younger users. Children type their worry in a balloon, rate whether it is a small, medium or large worry and then tap the balloon. The worry then floats away, until it disappears.



Stop, Breathe and Think Kids

Users select how they feel upon opening the app. Depending on their choices, they are then given a 'mission' to launch. Each mission is a few minutes long and missions range from watching mindful cartoons, to being guided through relaxation exercises in the form of cartoons. Free app with options to purchase more.



Think Ninja



ThinkNinja is an app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. ThinkNinja addresses a range of issues including stress, anxiety, low mood, or having unhelpful thoughts. All of which can be triggered by the pressures of modern life, such as exams, struggling to make friends or social situations. The user is coached by the WiseNinja, powered by artificial intelligence and the skills of a clinical psychologist.

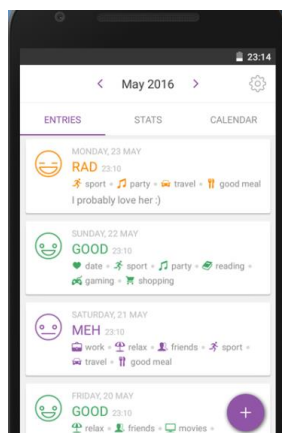
Mood Tools

Mood Tools allows users to input their mood, watch helpful videos, keep a thought diary, choose activities to do and make safety plans



Daylio

Allows users to keep a free private diary and capture their mood and day without having to write anything. All responses are made by clicking visual icons.



Relax Melodies

An app designed to aid sleep. Users can create their own soundscape, add meditations or listen to a bedtime story



KOOTH

Kooth is a free, online, anonymous well-being support community for young people. The app allows you to access magazines for information, join a discussion, chat with a member of the team and keep a daily journal



Catch It

Catch It was a joint app project between the University of Liverpool and University of Manchester. It is designed to help people capture their mood and create a diary. The idea behind the app is to turn your negative emotions into positive experiences.



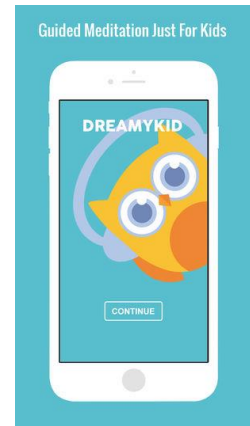
Calm

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in various lengths between 5-25 minutes. The app also includes sleep stories to support sleep and breathing exercises.



DreamyKid

The DreamyKid meditation app offers meditation, guided visualisation and affirmations curated just for children & teens. It uses proven techniques that teach users mindfulness methods. It offers a body scan meditation and a self-esteem booster program for free. All other programs need to be purchased.



Living Buddy

Living Buddy is an online exercise app. An onscreen buddy asks the young person to select the type of exercise they want to do. For a cycle ride or run, a timer will start and log their activity time and distance. Once the activity stops, the Buddy high fives them and gives lots of praise. There is also guided exercise from the Buddy who demonstrates exercises first and challenges to race against various animals. The young person can repeat activities and progress through levels.



Super-Stretch Yoga

Users have fun & get fit learning yoga poses from animated superhero characters. Go from start to finish or pick a pose, from up to 60 combinations. The app aims to teach breathing, play and mindfulness to children through yoga fitness.



Plazma

A free app that acts as a virtual lava lamp to provide a visual, calming sensory stimuli. Users can simply watch the lava float or swipe their finger over the screen to manually move the lava around.



Sandbox Coloring

An app for virtual colouring by numbers to promote mindfulness. Being 'in the moment' through any colouring app, provides users with a distraction from their worries. The app contains enough free colouring pages so that you won't have to purchase any paid ones. Zoom in to colour by numbers and once a picture is finished, users watch a video of their colouring.

