












Recommended Digital Resources for Young People

Apps


<p>SAM Self help for anxiety management Phone app</p> 	<p style="text-align: center;">For all ages.</p> <p>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.</p>
<p>Virtual Hope Phone app iTunes and Google Play</p> 	<p>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.</p> <p>Users can choose from different activities – distract me, inspire me, relax me and coping tools.</p>
<p>Smiling Minds Phone app iTunes and Google Play</p> 	<p style="text-align: center;">For all ages (from 7 years+)</p> <p>Guided meditations, bite size options, categorised in age groups. Helps with thoughts and feelings and to self check on mood.</p>
<p>Calm Harm Phone app iTunes and Google Play</p> 	<p>For young people who have already started the process of gaining an understanding of their self harm issues</p> <p>Provides tasks to resist or manage the urge to self harm.</p> <p>Four categories of tasks – distract, comfort, express, release.</p>
<p>SuperBetter Phone app iTunes and Google Play</p> 	<p>Designed to increase resilience – the ability to stay strong motivated and optimistic even in the face of difficult obstacles.</p> <p>Designed as a game to appeal to gamers</p>
<p>WorryTime Phone app iTunes and Google Play</p> 	<p style="text-align: center;">Ages 12+</p> <p>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.</p> <p>This app allows users to control everyday stress and anxiety by acting as a place to store your daily worries.</p>
<p>Mindfulness Daily Phone app iTunes and Google Play</p> 	<p>For relaxation, stress management, support for depression and anxiety.</p> <p>*great feedback from a young person who used it for anxiety and panic attacks</p>
<p>WellMind Phone app iTunes & Google Play</p> 	<p style="text-align: center;">For All ages</p> <p>Designed to help cope with stress, anxiety and depression. Includes advice, tips and tools to improve mental health and boost well-being.</p>

<p>Breathe2Relax</p> <p>Phone app iTunes & Google Play</p> 	<p>Breathe2Relax is a hands-on diaphragmatic breathing exercise tool.</p>
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Websites

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

YouTube Channels

<p>WatchWellCast</p> 	<p>YouTube videos. An excellent resource. Short videos developed in a way that are accessible to young people</p>
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