



## **Apps and Websites to support Wellbeing and Mental Health**

The Rise Primary Mental Health Team have found the below tools useful in supporting children and young adults' emotional wellbeing and mental health in the past.

The majority are free and accessible from your own home.

Where there is a cost, you'll find it listed.

All information was up-to date at the time of printing, but websites and apps are subject to change, so check them out. Hopefully you'll find something to support yourself, or the child or young person in your life.

### **Apps:**

- **Dreamy kid**  
Meditation & Affirmations for children (Free with in-app purchases)
- **Headspace**  
Mindfulness
- **Mindful powers**  
A holistic approach to building social-emotional learning through the power of play
- **The Zones of Regulation**  
Used in some schools. App helps to explore emotions and develop regulation skills (£3.99).
- **Smiling Mind**  
Meditation program developed by psychologists and educators to help bring mindfulness into your life (App based)
- **Stop Breathe & Think Kids**  
Check in with how you are feeling and choose one of our missions to help create your very own force field of calm (You tube Channel also available).
- **Calm Harm**  
Provides tasks to help you resist or manage the urge to self-harm.
- **Mind Shift**  
Help Teens and Young Adults cope with anxiety, It can help you change how you think about anxiety, offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: Test anxiety, Social anxiety, and perfectionism. Also contains relaxation exercises.
- **Smiling Mind**  
A daily mindfulness and meditation guide.

### **Websites:**

- **Young Minds** - [www.youngminds.org.uk](http://www.youngminds.org.uk)
- **Papyrus** – prevention of young suicide <https://papyrus-uk.org>
- Controlling and observing breath can be helpful. Put '**Bubble Breathing**' in your Internet search engine for information on breathing techniques.
- **YouTube** has various videos to support children and young people:
- **Stop, Breathe and Think Kids channel** – Stress relief guides for children <https://www.youtube.com/channel/UCkB9zEEqnP9kMlf5VChd99Q>
- **GoZenOnline channel** – CYP friendly information and strategies <https://www.youtube.com/user/gozenonline>