None of these apps are endorsed by the school – they are merely suggestions of what is available which might be of support. Some are free; some may be partially free and then ask you to sign up to access more info.

Please always be social media safe and check any privacy policies for each app, to check how you personal data will be used, if relevant.. As a general rule though, often ‘active apps’ or diary apps, which encourage the user to input their data and personal information are the more likely apps to store data. This can apparently only be done when consent has been given though.

|  |  |  |  |
| --- | --- | --- | --- |
| **App name** | **Cost** | **Age range** | **Description** |
| **Think Ninja** | **free** | **10-**  **18 year olds** | Teaches young people about mental health and emotional wellbeing, and gives them skills to build resilience and keep healthy |
| **Colouring book for me** |  |  | release the stress and enjoy precious moments of childish joy while colouring unicorn or drawing mandala. Colouring Book for Me has the rich collection of colouring pages for any taste both for kids and adults. |
| **Squishy magic** |  |  | Create cute soft DIY toys, choose their shape, color, and texture, collect your own unique designs and enjoy the ultimate squishing experience! Once the coloring face is over it’s time to enjoy your new creation: press, squeeze and crush your new toy and watch it take back its original form time and time again in this exciting new game! |
| **Happify** | **Free to download then various plans** |  | Happify’s science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being. |
| **My Possible Self** |  |  | Track your mood in the app  **Free for tracker and one module but monthly subscription for other modules** |
| **Happiful** |  |  | Happiful Magazine is devoted to mental health and wellbeing. With our brand new app you can:  \* Read the latest issues of Happiful Magazine wherever you go \* Follow the latest news with daily health and wellbeing articles from our team of writers and contributors \* Connect with professional support from our family of 20,000+ counsellors, therapists and other wellness professionals |
| **Pray as you Go** |  |  | Pray as you go is a daily prayer session, designed for use on portable devices, to help you pray whenever you find time, but particularly whilst travelling to and from work, study, etc.  A new prayer session is produced every day of the working week and one session for the weekend. It is not a 'Thought for the Day', a sermon or a bible-study, but rather a framework for your own prayer. |
| **Abide** |  |  | Abide is the #1 Christian meditation app to stress less and sleep better. Find deep rest with our bedtime stories, as you listen to stories based off the Bible. Wake up with our daily meditations that will fuel your mind for the day ahead.  Free Daily guided meditations are available in lengths of 2minutes. Longer ones available at subscription. |
| **Feeling Good and Feeling Good Teens** | free to download-partial acccess  **School login free** |  | a series of 12 audio tracks to help you build essential skills, not only to deal with mental stresses and strains, but to bounce forwards and become mentally stronger and more resilient.  The app is free to download with free access to several tracks. Unlock the whole app with a referral code or a one-time payment (LAB has code for St Augustine’s staff and pupils – please email 4014515@ea.edin.sch.uk) |
| **Dare** | **Some free some cost** |  | **Anxiety/ mindfulness**  The DARE app is an evidence based training program to help people overcome anxiety, panic attacks, worry, and insomnia. You can track your progress daily with the mood journal. Download the free audio guides to help you feel like your old confident self again. Included are also a collection of meditations and sleep guides to tackle insomnia.  Some content is only available through an optional paid subscription. |
| **Insight Timer** |  |  | **Mindfulness**   Guided meditations, sleep music tracks and talks led by the top meditation and mindfulness experts. \* 75,000+ guided meditations and  100+ new free guided meditations and sleep tracks added daily, |
| **Virtual Hope Box** |  |  | **Self harm/ suicide**  The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking.  Patients can use the VHB to store a variety of rich multimedia content that they find personally supportive in times of need. For example, a patient can include family photos, videos and recorded messages from loved ones, inspirational quotes, music they find especially soothing, reminders of previous successes, positive life experiences and future aspirations, and affirmations of their worth in their VHB. A patient can also collaborate with their provider to create coping cards to use in response to personal problem areas they experience. Finally, the VHB provides the patient with positive activity planning, distraction tools, and interactive relaxation exercises including guided imagery, controlled breathing and muscle relaxatio |
| **Self heal** |  |  | **Self harm/ suicide**  If you’re self-harming, finding anonymous support can be tough. Self-heal has been developed in collaboration with potential users, clinicians and researchers to produce a tool that lets you take charge of your behaviour. |
| **DistrACT** |  |  | **Self harm/ suicide**  The distrACT app provides easy, quick and discreet access to general health information and advice about self-harm and suicidal thoughts. |
| **MeeTwo** |  |  | Worried? Confused? Curious? MeeToo helps you talk about difficult things. Share your problems, get support and help other people too.  MeeToo is designed for people aged 11+. Age banding means you chat with people who are a similar age to you. This makes it easier for you to help each other through tough times. With MeeToo you can:  Ask anonymous questions about literally anything.  *Stay safe. Every post and reply is checked by our moderators before they go live, so there is no bullying, grooming or harassment.* |
| **Happime** | **3 different ages – adults you pay for but children and teens free** |  | HappiMe is an exciting and innovative app, designed to help you to: • Be less anxious • Stop worrying • Be more confident • Improve your self-esteem • Be happier • Be more successful • Lose weight • Get fit  Different ages – app has different coloured star |
| **Apart of Me** |  |  | **Bereavement**  Apart of Me is a multi-award-winning therapeutic game. It was co-created by experts in child psychology and bereaved young people, and translates bereavement counselling techniques into a magical 3D world.  You will be transported to a beautiful, peaceful island where you will meet a variety of friendly creatures. You will be given a guide to support you along your journey. Your guide will help you to explore, accept, understand and articulate your experience of grief and the wide range of emotions connected to it. |
| **Smiles and Tears** |  |  | **Bereavement**  Smiles & Tears has been developed by Nelson’s Journey, a charity based in Norfolk, UK. They support children and young people aged 0 – 17yrs inclusive who have experienced the death of a significant person in their life.  It provides an interactive tool to record memories, send gifts and write thoughts, feelings and emotions. As well as these interactive tools, Nelson’s Journey have also provided tips on how to manage emotions such as anger, confusion, guilt, loneliness etc. which are all common when someone has been bereaved of a special person. |
| [**Mindshift**](https://itunes.apple.com/gb/app/mindshift/id634684825?mt=8)  mindshift.png | Free | Teens (13+) | Allows you to pick a situation you would like help with from a list (e.g. tackling social fears), then read the facts about social anxiety, before rating the severity and selecting all the physical symptoms that apply.  There are a range of situations available including dealing with intense emotions, sleep, managing worry, test anxiety, social fears, performance anxiety, dealing with conflict, panic, and perfectionism. The app then supports you to create a plan, breaking it down into steps to tackle avoidance.  The app enables you to collect a folder of favourite coping thoughts and chill out tools (including calm breathing audio & PMR). |
| Calm |  |  | Calm is a leading app for meditation and sleep.  The free version has limited tracks to help reduce anxiety.  Costs £28.99 a year |
| [**Smiling Mind**](https://itunes.apple.com/gb/app/smiling-mind/id560442518?mt=8)  smiling mind.png | Free | Offers different programs for different ages:   * 7-9 * 10-12 * 13-15 * 16-18   adults | Has sample meditation that you can do without creating account or logging in – involves 5 minute body scan with audio instructions.  Once you create account – gives you access to multiple relaxation programs, including ‘digital detox’ one. There is also a ‘mindfulness in the classroom’ program and different programs for different age groups. |
| [**Catch it**](https://itunes.apple.com/gb/app/catch-it-making-sense-of-your-moods/id899606280?mt=8)  catch it.png | Free  Requires you to set 4 digit pin.  Asks for permission to anonymously share diary entries with Liverpool University – you can refuse. | Secondary school age. | Helps users better understand their mood through the use of an ongoing diary.  Record mood, including rating, when it was experienced and where you were and what you were doing. Asks you to identify your thoughts, and asks you to take an alternative perspective – what would you say to a friend? Then asks you to re-rate your mood. You can also share your diary via email. |
| [**Headspace**](https://itunes.apple.com/gb/app/headspace-guided-meditation/id493145008?mt=8)  headspace.png | Free to download app & complete Basics module – can delete app and re-download to regain access to basic module.  Monthly subscription cost (£9.99) after this. | Basics Module – secondary school age  Kids modules (for £9.99 monthly subscription):   * <5 * 6-8 * 9-12 | Free Basics module has 10 (10-minute) exercises teaching the essentials of mindfulness. Completing one unlocks the next in the series.  Monthly subscription provides access to several modules including specific Kids Headspace with modules on sleep, kindness and balance.  EDUCATORS CAN GET THIS FREE |
| [**Flowy**](https://itunes.apple.com/gb/app/flowy/id939738064?mt=8)  flowy.png | Free | All ages – younger children will probably need to be shown how the breathing relates to the game though. | The game uses breath training and diaphragm control to guide players to regulate inhalations and slow exhalations. The player presses a finger on the screen to indicate each inhalation, whilst the breaths control the game’s mechanics as the player progresses through the narrative by breathing in a controlled way. You can also adjust the breathing speed (breaths per minute). |
| [**Daylio – Diary Mood Tracker**](https://itunes.apple.com/gb/app/daylio-journal-diary-mood-tracker/id1194023242?mt=8) | Free version provides access to most of the key features. You can upgrade to premium for £2.99 (removes adverts and allows downloads of diary).  No option to create account so no information is collected. | Secondary school age | **Self-Care Bullet Journal with Goals Mood Diary & Happiness Tracker** Pick your mood and add activities you have been doing during the day. You are able to set reminders to log your mood during the day.  Asks you how are you feeling and what you have been up to. It also lets you see a monthly mood chart. Can help you to understand links and triggers, with the app suggesting connections. |
| [**SAM: Self-help for Anxiety Management**](https://itunes.apple.com/gb/app/self-help-for-anxiety-management/id666767947?mt=8) | Free | Secondary school age | Developed in collaboration with a research team from UWE, Bristol.  Offers a range of self-help methods for people trying to manage anxiety including relaxation exercises, anxiety tracker, psycho-education and online forum. |
| [**Calm Harm**](https://itunes.apple.com/gb/app/calm-harm/id961611581?mt=8) | Free  Password protected for individuals  Asks for some anonymous information for research but this is voluntary. | Secondary school age | It provides tasks that help you resist or manage the urge to self harm. Various tasks available covering a range of topics including distraction, expression, release and breathing. The app also has a ‘Get Help’ section which provides phone numbers (Childline, Samaritans, 999) depending on the type of help selected. |
| Clear Fear |  |  | It is recommended for the ages of 11-19 years but can be used by a younger group with the support of a parent or carer.  Clear Fear uses a Cognitive Behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses.  It also has helpful descriptions of the different ways in which anxiety shows, resources and a grit box to boost resilience. |
| [**Wellmind**](https://itunes.apple.com/gb/app/wellmind/id918138339?mt=8) | Free | Secondary school age | WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing. |
| [**What’s Up**](https://itunes.apple.com/gb/app/whats-up-a-mental-health-app/id968251160?mt=8) **– A Mental Health App** | Free –asks for voluntary donations and provides users with a theme for their app. | Secondary school age | Incorporating CBT & ACT methods to provide coping strategies for depression, anxiety, anger and stress.  Good section on 12 unhelpful thinking patterns, metaphors and 10 simple ways to manage worries (e.g. turn your worry into a movie). |
| [**Mood Tools – Depression Aid**](https://itunes.apple.com/gb/app/moodtools-depression-aid/id1012822112?mt=8) | Free but does ask for donation. | 14-18 – some of the material is more suitable for adults e.g. find a therapist link | Thought diary, activities, safety plan, information, PHQ9 and video – links to YouTube videos.  Videos – guided meditation, soothing sounds and TED talks.  List of activities and asks you to rate mood before and afterwards.  Has good section on making a safety plan that you can personalise.  Resources include link to ‘find a therapist’. Includes in-built PHQ9 which provides score and indication of severity of depression, which could potentially be unsuitable/ unhelpful. |
| [**Fear Tools –Anxiety Aid**](https://itunes.apple.com/us/app/feartools-anxiety-aid/id1179843607?mt=8) | Free to use | Secondary school age | FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. This application is especially useful for those suffering from Generalized Anxiety Disorder, Phobias, and Social Anxiety Disorder. It has a good fear hierarchy where you can set your own goals and rate the anxiety level. Simple diaphragmatic breathing visual. |
| [**Chill Panda**](https://itunes.apple.com/gb/app/chill-panda/id1184256407?mt=8) | Free  No personal information entered is collected, only anonymous analytics (session length and device model). | 6+ | Family friendly relaxation, breathing exercise and activity app designed by a Clinical Psychologist and recommended by the NHS in the UK.  Chill Panda is a new type of app that allows children and adults to start to understand how their bodies respond to different feelings. To start learning about this you can use the app to take your heart rate, use a simple scale to rate your feelings, and then do some play based activities demonstrated to you by a panda avatar. It aims to enhance self-regulation of emotions by introducing ideas and skills that could help children and families understand the relationship between their feelings, body sensations and different activities. |
| [**Suicide Safety Plan**](https://itunes.apple.com/gb/app/suicide-safety-plan/id1003891579?mt=8) | Free | Upper secondary school age | Encourages users to log warning signs, generate a list of family/ friends to support or distract during ideation, and create a list of ‘reasons to live’ and emergency contact numbers.  Suicidal thoughts can seem like they will last forever – but these thoughts and feelings pass with time. Having a plan in place that can help guide you through difficult moments can help you cope and keep you safe. This safety plan is designed so that you can start at the beginning and continue through the steps until you feel safe.  In this safety plan app, you can customize your own warning signs that a crisis may be developing, coping strategies for dealing with suicidal urges, places for distraction, friends and family members you can reach out to, professionals you can call, methods of making your environment safe, and your own important reasons for living.  If following your safety plan is not enough to stem a suicidal crisis, then this app also contains an easy-to-access list of emergency resources so that help is just a tap away. |
| [**NHS Mersey Care’s Self-Help**](https://itunes.apple.com/gb/app/mersey-care-self-help-for-ipad/id979532950?mt=8) | Free | You must be at least 17 years old to download the app due to the nature of some of the self-help topics e.g. drugs & alcohol | Self-help guides written by Clinical Psychologists. They include the following topics: abuse, alcohol and you, anxiety, bereavement, anger, depression and low mood, domestic violence, eating disorders, food for thought, health anxiety, hearing voices, obsessions and compulsions, panic, PTSD, postnatal depression, DSH, shyness and social anxiety, sleep problems and stress.  The guides include video introductions, PDF guide and audio guide. |
| [**Stop Breathe & Think**](https://itunes.apple.com/gb/app/stop-breathe-think/id778848692?mt=8)  Also called mylife meditation | Free to download which provides access to foundational meditations.  Requires monthly subscription of £9.99 for access to most features. | Secondary school age  Kids version was previously available for younger children | Meditation and mindfulness app. Over 55 mediations available.  Asks you to sign up, although does have ‘just browsing’ option. Whilst ‘just browsing’ it asks the user to rate how they’re feeling physically, mentally, emotionally (good list of emotions). Based on ratings suggests suitable meditations. There are quite a few basic meditations which are free. |
| [Cove](https://itunes.apple.com/gb/app/cove-the-musical-journal/id1020256581?mt=8) | Free | Secondary school age | A type of musical journal created for young people.  Create music to capture your mood and express how you feel. Allows you to adjust different elements of the music to fit how you feel using base chords, melody and percussion. You can then store your music in a personal journal, or send them to someone and let the music do the talking. |
| [**Safe Spot**](https://itunes.apple.com/us/app/safe-spot/id949296201?mt=8) | Free | Two internal versions – one for adults and one for children | Developed by 2 CAMHS Psychiatrists. Asks at the beginning whether you are an adult or child, then you create an avatar. Audios include muscle relaxation, breathing, mindfulness and guided imagery to  top up your coping skills, relaxation and distraction techniques.. Contains comprehensive directory of useful contacts. |
| [**Relax Lite**](https://itunes.apple.com/gb/app/relax-lite-stress-and-anxiety-relief/id409665681?mt=8) | Free (for light version)  £2.99 for complete version. | Secondary school age | The light version includes guided deep breathing exercises and 8 minute meditation audio. Simple visual and audio to guide you through the breathing. |

NHS Recommended Apps can be found at <https://www.nhs.uk/apps-library/>

CAMHS also has a list of apps at <https://www.camhs-resources.co.uk/apps-1>