

Apps & Websites:

www.kooth.com - anyone under the age of 25 can access free, confidential support online. Join in conversations with other young people, read helpful articles and use the daily journal to track your own feelings and emotions.

Clear Fear app - Clear Fear is an app developed for teenage mental health charity stem4. It uses the evidence-based treatment CBT to focus on learning and reduce the physical responses to threat by learning to breathe, relax and be mindful, as well as changing thoughts and behaviours and releasing emotions.

Relax Melodies app - an app to help with sleep and stress. Guide yourself through meditation, soundscape and articles.

Calm app - an app to help reduce stress and anxiety and improve focus.

