



CAMHS Resources

Apps



Headspace

A meditation app that acts as a personal guide to health and happiness



Mindshift

A free app designed to help teens and young adults cope with anxiety.



MoodGym

An online cognitive behaviour therapy program for depression and anxiety



Superbetter

Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles



Happify

TURNS the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.



Smiling Mind

A meditation program developed by psychologists and educators to help bring mindfulness into your life



Cove

Create music to reflect emotions like joy, sadness and anger to help express how you feel.



Me2

Me2 is a free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources



Check In

The Check-in app helps take the fear out of having a conversation with a friend who might be struggling.



1 Giant Mind

This app is for anyone who wants to feel less stressed, more calm and present and experience greater health and well-being.



Think Ninja

This app from Healios, helps young people aged 11 to 17 years old with their mental health, emotional well-being and resilience and is being made available for free during the Coronavirus crisis.



WorriNOTS

Child friendly app designed to help children cope with worries and anxieties.



SAM

SAM is an app to help you understand and manage anxiety.



Stop Breathe Think

Check in with how you're feeling, and try short activities tuned to your emotions.



Virtual Hope Box

The Virtual Hope Box (VHB) is a app that contains simple tools to help with coping, relaxation, distraction, and positive thinking.



Clear Fear

Clear Fear provides you with a range of ways to manage anxiety.



Combined Minds

An app developed fto help families and friends support young people with their mental health



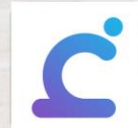
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Calm Harm

An app that helps young people manage the urge to self-harm.



Calm

Meditation techniques to aid with stress and sleep.



What's Up

utilising some of the best CBT methods to help you cope with Depression, Anxiety, Anger, Stress and more



No OCD

Helps with those suffering from obsessive compulsive disorder.



SafeSpot

Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.



My 3

Help yourself and reach out to others if you are having thoughts of suicide.



MoodKit

Uses CBT principles to help with low mood and anxiety.



HappiMe

Free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people