
































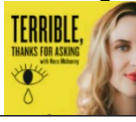












SELF HELP APPS TO TRY		
App	Description	
 Calm Harm	To help manage and understand self-harm	
 Headspace	To help calm and still your mind	
 MindShift CBT – Anxiety Relief	To help manage and understand anxiety	
 Be Okay	To help manage and understand panic attacks	
 SAM – Self Help App for the Mind	To help manage and understand anxiety	
 Freedom	To allow you to block social media apps and websites to reclaim focus	
 Stop, Breathe and Think	Guided meditations to help you relax, reduce anxiety and give you space	
 Present – Guided Meditation	Guided meditations to help you relax and sleep	
 Mindful Gnats	An app to help young people develop mindfulness and relaxation	
 Motivation	Daily positive quotes to help you live a happier life	
 Moodfit	Fitness for your Mental Health	
 Smiling Mind	Meditation for young people 7 years and up. Developed to bring balance	
 SuperBetter	Build personal resilience, ability to stay strong, motivated and optimistic even in challenging circumstances.	
 Happify	Science of happiness into activities and games that help you lead a more fulfilling life.	
 SAM	SAM is an app to help you understand and manage anxiety.	



Self-Help Online Resources		
Organisation	Description	Website
 <p>Place 2 Be</p>	Mental health support for under 18s	Text SHOUT to 85258. Free, 24 hours a day.  https://www.place2be.org.uk/our-services/mental-health-support-for-under-18s/
 <p>Breathing Space</p>	A confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed.	Helpline 0800 838587 Monday-Thursday 6pm to 2am Friday 6pm-Monday 6am  https://breathingspace.scot/
 <p>Aye Feel by Young Scot</p>	How to look after your emotional wellbeing, support from organisations and tips on how to promote a positive mindset.	 Aye Feel Young Scot
 <p>The Junction</p>	You can use our Drop-In or Digital Drop-In to have a free, confidential, one-to-one chat with a worker.	Text 07758348850 Email: support@the-junction.com  The Junction (the-junction.org)
 <p>The Spark</p>	Youth counselling is about providing teenagers with an opportunity to discuss any issues they are struggling with.	Freephone: 0808 8022088  Youth counselling counselling services for young people The Spark

Mental Health and Wellbeing Podcasts			
Genre	Name and Graphic		
Anxiety/Self-Help Podcasts	The Self-Help Podcast 	Not another anxiety show 	The You Project 
	Warrior Mind Coach 	Your Motivational High 5 	Owning It 



Mental Health and Wellbeing Podcasts			
Genre	Name and Graphic		
Eating Disorders	The Eating Disorder Therapist Podcast 	End Eating Disorders 	The Recovery Warrior Show 
	Eating Disorders in Discussion 	Take the Cake 	Food Psych with Christy Harrison 
Grief	Grief Cast 	The Grief Gang 	Terrible, Thanks for Asking 
	Self-harm 	<ul style="list-style-type: none"> • What It Takes; Tiny Leaps, Big Changes • The Habit Coach with Ashdin Doctor 	
Relationships and Positive Psychology	Where we should begin 	Happy Place 	ON Purpose with Jay Shetty 
Inspirational and Resilience	Road to Resilience 	The School of Greatness with Lewis Howes 	The Daily Boost 
For Parents	The Psychology of Self-Injury (parents) 	Talking to Teens 	The Parent and Teen Toolbox 
Other genres	Let's Talk about Self-harm 	Feel Better, Live More 	Sleep Junkies 