

Useful Apps

Anxiety



My Possible Self: The mental health app

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking



Worry tree

The WorryTree app aims to help you take control of worry wherever you are. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries and then make plans to manage them.

Mood Trackers



Catch it

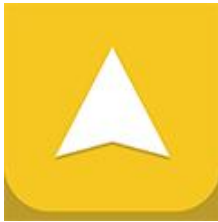
Catch It help users better understand their moods through use of an ongoing diary. It uses some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).

Mindfulness and relaxing techniques



Feeling good - positive mindset

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.



Stress and anxiety companion

Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.

Self harm and Suicidal thoughts



Distract

The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.

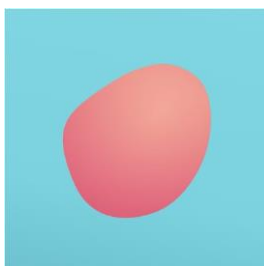
The content has been created by doctors and experts in self-harming and suicide prevention.



Calm Harm

App that helps to resist or manage the urge to self-harm.

General Well-being



Cove

Create music to reflect your emotions.



Equoo: emotional fitness game

Adventurous games designed by psychologists to help you increase your emotional fitness.



MeeTwo

A safe and secure forum for teenagers wanting to discuss any issues affecting their lives.

SLEEP



PZIZZ

The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It has sleep, nap and focus modes.

Useful Websites

YOUNGMINDS YoungMinds

Children and young people's charity. Their website offers young people and their parents support. There is also a text and online messenger help line for young people.



Stem4

Advice and information around mental health. For young people and their parents. Stem4 also have apps such as Calm Harm, Clear Fear and Combined Minds.



Kooth

Free, safe and anonymous online support for young people. Speak to counsellor's online, write in a daily journal, read articles written by young people.



Action for Children

This website contains information about promoting good wellbeing. It has some good suggestion around activities to spend time with your child and getting support for parents .



MindMate

Support around what is available for emotional wellbeing in Leeds- <https://www.mindmate.org.uk/>



The Market Place

counselling and emotional support for young people in Leeds-
<https://www.themarketplaceleeds.org.uk/>



Leeds CAMHS

Contact details for referrals and urgent cases. Advice and support for parent/ carers and young people
<https://www.leedscommunityhealthcare.nhs.uk/camhs/home/>



Anna Freud

Advice and support for young people, parents/ carers and schools regarding Coronavirus, anxiety and self care.
<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>



Childline

Activities, support, advice line, information and toolbox including games to help with anxiety, worries and feeling calm.



Charlie Waller Memorial Trust

Set up in memory of a young man who had depression .Free resources on how to keep mentally well in particular guides for parents/ carers. <https://www.cwmt.org.uk/>



MindED for Families

Supporting parents/ carers who are concerned about their child's mental health. Information, resources around common problems.
<https://mindedforfamilies.org.uk/young-people/>