

## Useful Apps



### What's Up?

Free app (with add on purchases). Uses CBT (cognitive behavioural therapy) and ACT (acceptance commitment therapy) to help you cope with depression, anxiety, stress and more.



### SAM (Self-Help for Anxiety Management)

Sam helps you understand and manage anxiety through self-help exercises and private reflection



### Calm Harm

Calm harm helps you to resist the feelings of wanting to self-harm and help you manage your urges.



### Stay Alive

Stay Alive is packed full of information to keep you safe if you are having thoughts of suicide or if you are concerned about somebody else having these thoughts.



### Headspace

Live a happier and healthier life with this app's bitesize meditations. Great for stress and for sleeping difficulties. It also offers SOS exercises for distressing times.



### MindShift

An app developed for young people to combat anxiety and teach everyday coping strategies. This app will help coach you in challenging situations.



### Down Dog Yoga

Down Dog is a free app (options for paid membership) that will help you practice yoga and home (or anywhere!)



### Rise Up and Recover

Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image.

## Useful Websites

Llfff.com – Living Life To The Full offer a free online CBT course

E-Motion - <https://www.e-motion.org.uk/> - Online counselling for 12-18 year olds in East Sussex

7-cups – <https://www.7cups.com/> - Talk online to a trained listener when feeling distressed

<https://www.childline.org.uk>

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger>

<https://www.blurtitout.org/resource/self-care-info/>

<https://www.studentsagainstdepression.org/>

Moodjuice - <http://www.moodjuice.scot.nhs.uk/> - free CBT printable workbooks to help with a number of difficulties – low mood, anxiety, shyness, PTSD, Sleep problems etc