

Health and Wellbeing Apps for Young People



Headspace

Guided meditation and mindfulness



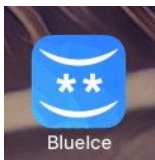
Mindfresh

Is an exciting new service developed with Emotional Wellbeing Mental Health Services and young people, for young people.



Happy not perfect

Backed by science, designed for you, Happy Not Perfect is your go-to place for everything you need to look after your mind in a fun new way.



Blue Ice

Is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.



Child Panda

Chill Panda is for children and adults who want to learn how to manage stress and worry and feel better.



Calm Harm

Calm Harm is designed for people who are trying to manage urges to self-harm.



Cove

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.



MeeTwo

Provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.

You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.