

Useful FREE APPS

FOR YOUNG
PEOPLE



Very good for coping with anxieties, OCD, phobias and more. Lots of activities and exercises. Set up your own "safety net" of ways you can help yourself when really struggling with anxiety.

Calm

Calm is great for support with sleep trouble, emotions, anxiety and more. There are lots of activities to do, you can listen to stories and sounds, follow breathing exercises.

The logo for HEADSPACE features a solid orange circle to the left of the word 'HEADSPACE' in a bold, sans-serif font.

Headspace is great for coping with stress and anxiety. The app has lots of useful tools like things to read, music and meditation.



Really useful for young people struggling with self harm.