



## **APPS**

### **SMILING MIND**

A mindfulness meditation APP designed by Psychologists and Educators to support. They offer a range of programmes for children and adults designed to assist with the daily pressures of life. All you need is 10 minutes a day to see changes.

<https://www.smilingmind.com.au/smiling-mind-app>

### **SAM**

Sam is an APP designed to help understand and manage anxiety

<http://sam-app.org.uk/>

### **WYSA**

Wysa is a free APP co-designed by therapists, coaches and users to give you space to talk when you feel there is nobody to listen.

<https://www.wysa.io/>

### **HEADSPACE**

A meditation APP designed to be simple and easy to use. Just a few minutes a day is all you need.

<https://www.headspace.com/headspace-meditation-app>

### **STOP, BREATHE, THINK**

Check out your feelings and try short activities tuned to your emotions.

<https://www.stopbreathethink.com/>

## **INSIGHT TIMER**

A free guided meditation APP.

<https://insighttimer.com/>

## **MINDSHIFT**

Aims to help teens and young adults cope with stress and anxiety by facing it, rather than avoiding it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.

<https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en>

## **HAPPIFY**

Build better emotional health and wellbeing.

<https://play.google.com/store/apps/details?id=com.happify.happifyinc&hl=en>

## **ANDREW JOHNSON**

A well-known alternative therapist who has created numerous APPS to support people. Relax Lite is a free APP and a good introduction to self-care.

<https://play.google.com/store/search?q=hivebrain&c=apps>

## **Child Bereavement UK (CBUK)**

Designed for young people by young people to support the grief journey.

<https://childbereavementuk.org/our-app/>

### **WHAT'SUP?**

Rate your mood, track thoughts and feelings, directory of national and local mental health and wellbeing support contacts.

<http://www.thewhatsupapp.com/>

### **COMBINED MINDS**

A great APP for parents and carers.

<https://combinedminds.co.uk/>

### **CALM**

Mindfulness and meditation.

<https://www.calm.com/>

### **CALM HARM**

Support for coping with self-harm.

<https://calmharm.co.uk/>

### **ANTISTRESS**

Relaxation; distraction; diversion.

[https://play.google.com/store/apps/details?id=com.JindoBlu.Antistress&hl=en\\_US](https://play.google.com/store/apps/details?id=com.JindoBlu.Antistress&hl=en_US)

## **WEBSITES**

<https://www.smilingmind.com.au/>

<http://franticworld.com/free-meditations-from-mindfulness/>

<https://youngminds.org.uk/>

<https://childbereavementuk.org/>

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

<https://www.nightline.ac.uk/>

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

<http://signpost-online.co.uk/>

<https://www.actionforchildren.org.uk/in-your-area/services/youth-support-and-leaving-care/west-lothian-outreach-housing-support/>

<https://www.children1st.org.uk/help-for-families/parentline-scotland/>

<http://www.rocktrust.org/>

<https://www.counsellingandcare.co.uk/>

<https://www.wldas.com/>

<https://breathingspace.scot/>

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

<https://www.lgbthealth.org.uk/services-support/helpline/>

<https://www.healthyrespect.co.uk/Pages/default.aspx>

<https://www.thinkuknow.co.uk/>

<https://young.scot/get-the-lowdown>

<http://knowthescore.info/>

<http://carers-westlothian.com/young-carers/>

## **VIDEOS**

<https://www.actmindfully.com.au/free-stuff/free-videos/>

<https://www.bing.com/videos/search?q=brene+brown+empathy&view=detail&mid=40548622B1834D85D1D440548622B1834D85D1D4&FORM=VIRE>

[https://www.youtube.com/watch?v=RZWf2\\_2L2v8](https://www.youtube.com/watch?v=RZWf2_2L2v8)

<https://www.bing.com/videos/search?q=mind+set+wjhat+causes+anxiety+and+depression&&view=detail&mid=E54349E2DF76D4FA5249E54349E2DF76D4FA5249&&FORM=VRD>

## **PODCASTS**

The Big Life Kids Podcast – by Big Life Journal