

## Resources to use

### Apps



#### **BlueIce**

Categories: [Mental health](#), [Child health](#)

**Free**

BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to [self-harm](#).

It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.



#### **Calm Harm**

Category: [Mental health](#)

**Free**

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.



#### **distrACT**

Category: [Mental health](#)

**Free**

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.



#### **MeeTwo**

Categories: [Mental health](#), [Online community](#), [Child health](#)

**Free**

The MeeTwo app 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.



## Self Help for Trauma

Developer: Carl-Martin Hellberg



Cost: Entirely Free

### Developer description:

The Trauma Tapping Technique (TTT) is a self-help method we have developed\* together with trauma experts, psychologists, psychiatrists and survivors of stress and trauma. It is a First Aid technique everybody can use. It is simple and it has provided amazing and lasting results for thousands of people. It will take less than 10 minutes to find out what it can do for you.

[Read More](#)



## Sleepio

Developer: Big Health Ltd



Cost: In App Purchases

### Developer description:

This is the companion app for the Sleepio program. If you don't already have a Sleepio account, please create it by taking the sleep test at [www.sleepio.com/nhs](http://www.sleepio.com/nhs) (UK) or [www.sleepio.com](http://www.sleepio.com) (worldwide).

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Sleepio is designed to teach you how to overcome even long term poor sleep without pills or potions. Download the companion app for instant access to your daily sleep diary and schedule, and your virtual sleep expert, The Prof. Created by world sleep expert, Professor Colin Espie (University of Oxford), the program featured in the Sleepio app was shown in a leading clinical trial to help long-term poor sleepers on average: - Fall asleep up to 50% faster - Reduce time awake at night by up to 60% - Boost daytime energy by up to 50%  
KEY FEATURES: - Evidence-based CBT sleep improvement program A personalized program of proven Cognitive Behavioral Therapy (CBT) techniques, designed by world sleep expert Prof Colin Espie (University of Oxford) and delivered by your own virtual sleep



## The Worri-nots - Home Edition

Developer: Worri-nots Ltd



Cost: In App Purchases

### Developer description:

Let children off-load their worries with The Worri-nots app in the comfort of their own home. Parents/carers will need to use the Wotnot companion app to be able to monitor your child's concerns.

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The Worri-nots is the very first secure app designed for children; specifically created to tackle the worrying increase in well-being concerns in young children. The Worri-nots app provides children with a safe and secure place to share their worries fears and concerns, which in turn provides them with a practical fun coping mechanism for their fears, using one of the four Worri-nots characters. Happy, safe and secure children thrive spiritually, socially and emotionally, so when The Worri-nots are taking care of children's worries, parents/carers can be assured their children are getting the best start in life. When children are looking for Worri-tips and advice using the app, parents/carers can feel safe in their knowledge of knowing The Worri-nots app is a secure platform they can trust.



## Stay Alive

Developer: Grassroots Suicide Prevention



Cost: Entirely Free

### Developer description:

This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

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In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you. Grassroots Suicide Prevention is a charity that supports communities to prevent suicide. We teach suicide prevention skills to community members and professionals. We work hard to raise awareness of suicide prevention and reduce the stigma surrounding suicide. Grassroots Suicide Prevention is not a crisis service.



## Clear Fear

Developer: Stem4



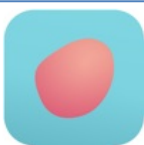
Cost: Entirely Free

### Developer description:

Clear Fear provides you with a range of ways to manage anxiety.

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Developed by a clinician co-collaboratively with young people, Clear Fear uses a Cognitive Behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful descriptions of the different ways in which anxiety shows, resources and a grit box to boost resilience. It is recommended for the ages of 11-19 years but can be used by a younger group with the support of a parent or carer. Clear Fear compliments, but does not substitute for the assessment and ongoing support of a mental health.



## Cove: music for mental health

Developer: Humane Engineering



Cost: Entirely Free

### Developer description:

Expressing your emotions can be hard. It can be easier if you make music! Cove is trusted by doctors and therapists as a safe and secure way to look after your mental health.

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**EASY TO USE** • First **SCROLL** pick a mood that helps you frame your mood • Then **TAP** to add chords, melody or even percussion • You can **SWIPE** to change instruments - there's over 30 to choose from • Explore and be creative - there is no right or wrong way to make music! **HOW IT WORKS** We believe Cove has a role to play in improving emotional and mental health by encouraging self-expression. We believe Cove is especially good if you experience anxiety or depression. Cove can be used any time, but may be most useful when you find it difficult to express yourself through other means, such as talking or writing. You can use Cove whenever you feel like it. You can make music by yourself, or share what you make with others. **EVALUATED BY CLINICAL EXPERTS** We think it is important that any app that advertises about mental health takes it seriously. That is why Cove has been tested, evaluated, and trialed in health services in the UK, and has been created in collaboration with clinicians and other specialists. Cove primarily uses music

Further useful apps can be found at:

<https://swyt.orchestra.co.uk/>

## Recommended Websites

- **Kooth-** [www.Kooth.com](http://www.Kooth.com) - Free, safe and anonymous online support for young people
- **Self injury support-** [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)- helpline, text support, webchat and self help resources for women and girls who self-injure
- **National self harm network-** <http://www.nshn.co.uk/>- Online Support Forum- The forum provides crisis support, information and resources, advice, discussions and distractions. Closely monitored, available 24/7
- **Papyrus-** <https://papyrus-uk.org/>- confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK
- **Young minds-** <https://youngminds.org.uk/> - information on various mental health conditions- also offer a Parents Helpline: 0808 802 5544
- **The mix-** <https://www.themix.org.uk/> -UK based charity that provides free, confidential support for young people under 25 via online, social and mobile
- **Centre for clinical interventions-**  
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself> - Self-help workbooks and resources for a number of mental health and emotional well-being issues including anxiety, depression, body image issues, assertiveness, perfectionism.
- **Anti-Bullying Alliance-** <https://www.anti-bullyingalliance.org.uk/> support and advice about bullying
- **ChildLine-** <https://childline.org.uk/> - Information and advice around school, home, relationships, emotions, your body, bullying
- **MindEd-** <https://mindedforfamilies.org.uk/young-people/> - education about your child's mental health
- **Think U Know-** <https://www.thinkuknow.co.uk/> - information about safety on/off line
- **Mermaid's -** <http://www.mermaidsuk.org.uk/> - supporting young people and family's gender diverse and transgender
- **National autistic society-** <https://www.autism.org.uk> – information and advice about autism

- **Child bereavement uk-** <https://www.childbereavementuk.org/young-people> - support and advice for children experiencing bereavement.