



Daylio is a free private journal app, without the need to type! Choose from emojis to represent your mood and activities you have been doing. Over time you can notice patterns and understand your habits better.



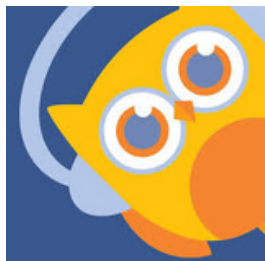
Headspace is a free app offering guided meditations, mindfulness, sleep advice, animations, articles and videos. Some of the content is only available to paid subscribers.

Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom and is suited for kids ages 7-18. Free.



Calm is a free app for meditation and sleep, including guided meditations, mindfulness, sleep stories, breathing programs, masterclasses and relaxing music. Some content is only available through an optional paid subscription.

MindShift is a free, scientifically based anxiety tool based on cognitive behavioural therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take change of anxiety.



The DreamyKid meditation app offers meditation, guided visualization and affirmations curated just for children & teens. It uses proven techniques that teach your kids methods to guide them towards a happier life through mindfulness. Free for schools.



# Wellbeing Apps

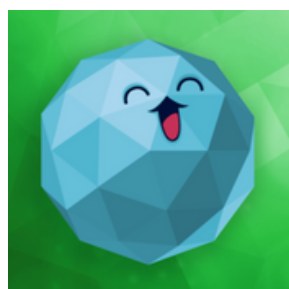
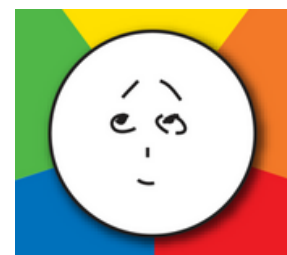


Worrinots is designed for children from the age of 5 and has been specifically created to tackle the mental well-being problems in young children. The app provides children with practical and fun coping mechanism for their fears using one of the four Worrinots characters. Home Edition is free.



Wellbeyond Meditation for Kids includes 5 short (3-10 minutes) meditations themed to focus on focus (focusing mentally on what is right in front of you), feelings, kindness, entering and sleep. Free.

Emotionary guide's users through five primary emotions to find the right category of feeling, with all definitions pared back to the essentials and displayed so they can be easily compared. Free.



Mindful Powers™ is a kid-first, holistic approach to building social-emotional learning through the power of play. Built on a skills-based methodology that helps children in early and middle childhood build a healthier relationship with life, stress, and anxiety, Free. In-App Purchases

Three Good Things: A Happiness Journal helps children focus on the positive and recognising what went well today (ages 6 and up). Every child gets to list three things daily that went well, which begins to train their mind to look for things to appreciate and begin a gratitude practice. Free.



A swirling bottle of virtual glitter to watch as you breathe. Users can change to colour and the time it takes for the glitter to settle. For ages 4+. Free.



# Wellbeing Services



BUZZ US is a confidential text messaging service for help, information and advice about mental health and wellbeing for children aged 11-18 in North Yorkshire. To use the service text 07520 631168 or visit : <https://www.compass-uk.org/buzz-us/> to find out more.



Child Line is a free, confidential service for anyone under 19 in the UK, where you can talk about anything. The Calm Zone has fantastic tools/strategies/games for young people to help calm themselves down.



Beat is a website that provides information about eating disorders, recovery and support services. Beat also provide helplines for adults and young people offering support and information.

CBBC Newsround is a website which keeps young people up to date with the latest stories and events happening at home and abroad. There is a website page with stories and videos dedicated o mental health and wellbeing.



Young Minds are there to ensure young people get the best possible mental health support. They have an informative website and a parent helpline plus YoungMinds Crisis Messenger service for young people experiencing a mental health crisis.

NHS 111 is a service that you can use if you have an urgent medial problem and you're not sure what to do. They have a website and a helpline. You can ask for a translator if you need one.



MESMAC is a sexual health project that offers a range of services for different community groups, including young LGB&T people.