

Mental Health Apps for children and young people

Anxiety:

SAM. Self help for anxiety management. (UWE Bristol) Free

FearTools. Anxiety kit. Free

Mindshift. Free

REACH.

For younger children:

SmartCat

Chillpanda Free.

CBT:

CBT Self help guide App

Whats Up

Moodkit

Sleepio. CBT for sleep

OCD:

nOCD. Free

Worrywatch. Cost

Relaxation

Headspace. Free

Calm.

Happyhealthy. Mindfulness App

Mindful Gnats. Mindfulness and relaxation for children

Exam Stress

GoCalm