

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

This is an award-winning app developed for teenage mental health. It uses the basic principles of dialectical behavioural therapy (DBT), which is an evidence-based therapy. The app provides tasks to help you resist or manage the urge to self-harm.



ELEFRIENDS: <https://www.elefriends.org.uk>

Elefriends is a mental health social network, managed by mind. It aims to provide a supportive online community for people aged 18 and over to chat about their lives, including any mental health problems, and just to be themselves. The name Elefriends refers to mental health being 'the elephant in the room'.



HEADSPACE: <https://www.headspace.com/mindfulness>

This is a site which uses meditation and mindfulness techniques to reduce stress and help relieve anxiety.



KIDS SLEEP DR: <http://kidssleepdr.com/index.html>

The app helps parents understand and improve the sleeping and waking patterns of children and young people from newborns, right through to teenagers.



KOOTH: <https://kooth.com>

Provides free, safe and anonymous online support for young people. Resources include being able to chat to counsellors and read articles written by other young people.



LIVE WELL: <https://livewellkent.org.uk>

Offers advice around improving mental and physical well being. Provides useful contact numbers if you are in emotional distress and require urgent support.



MIND – <https://mind.org.uk/information-support/a-z-mentalhealth>

Valuable resource that provides advice, support and information on an extensive set of topics from sleep problems to suicidal thoughts.



MINDED – <https://www.minded.org.uk>

Free educational resource on children and young peoples' mental health for parents and carers.



MIND FRESH – <https://mindfresh.nelft.nhs.uk>

A website that provides information, support and advice. If you enter your postcode, it will show you resources that are located within a 5-mile radius, as well as those located nationwide.



MIND SHIFT – <https://anxietybc.com/resources/mindshift-app>

An app that can help teenagers and young adults manage their anxiety. Gives useful advice and strategies.



MY MIND – <https://apps.nelft.nhs.uk/MyMind>

Provides information, support and advice. You can enter your postcode to discover resources that are located within a 5-mile radius, along with those that are located nation-wide.



Provides support and information for the under 25's on a range of topics including, mental health, substances, your body, relationships and others. Also has a free phone number: 0808 808 4994.

WELLMIND - <https://www.dwmh.nhs.uk/wellmind/>

A free NHS mental health and wellbeing app designed to help with stress, anxiety and depression. Includes advice, tips and tools to improve mental health and wellbeing.



WYSA APP - <https://www.wysa.io>

A virtual coach that can help manage emotions and thoughts. It uses evidence-based cognitive behavioural techniques (CBT) among others, to help build resilience and move forward.

