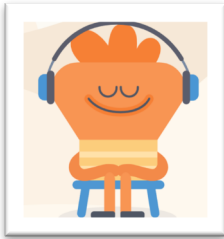


### Apps for Mental Health and Wellbeing

A selection of apps for use by students.

You can also find a [list of apps and websites](#) recommended by Young Minds within our Healthy Minds resource.



#### **HeadSpace** for Educators and children

Free access to Headspace for all teachers in UK. Hundreds of themed sessions on everything from stress and sleep to focus and anxiety. Bite-sized guided meditations for busy schedules.

Website and App



#### **Calm** (Free – Android and iOS)

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.



#### **Own it** (Free – Android and iOS)

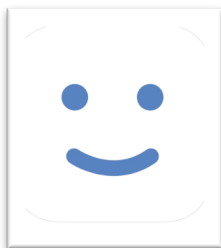
The wellbeing app is part of the BBC's commitment to supporting young people in today's changing media environment. It will provide a helping hand to youngsters taking their first steps online and on social media, to ensure they have a healthy experience in the digital world.



#### **Breathe, Think, Do with Sesame** (Free – Android and iOS)

Breathe, Think, and Do with Sesame is a free app that helps kids learn to deal with frustrating situations using the "breathe, think, do" method.

Breathe, Think, Do features favourite Sesame Street characters to help teach them skills such as problem-solving, self-control, planning and perseverance.



#### **Three Good Things** (Free – iOS)

Evidence suggests that if you write three good things down every day, your happiness and positivity increase. This simple little app is a great way for you to record what you're grateful for. Each day, the app prompts you to think about what went well, with three boxes to type your comments in. You can add them all at once at the end of the day, or as they happen and get to level up for recording your thoughts on streaks of consecutive days.



**[For Me](#)** from Childline (iOS only 12+)

'For me' is the brand new way to get advice and support on loads of topics – from issues that can play a big part in everyone's life, like school and exam stress, through to extremely personal issues, such as self-harm and mental health.



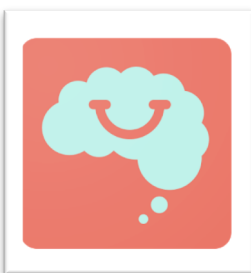
**[Focus on the Go!](#)** (Free, Apple and Android)

FOCUS stands for Families Overcoming Under Stress, and this app aims to teach **resilience** – a key part of mental wellbeing – to every member of the family. It helps your child develop five essential skills: problem-solving, goal-setting, communication, emotional regulation, and managing trauma and stress.



**[Sleep Meditation for Kids](#)** (Free iOS)

Designed by a yoga and Montessori teacher, this sleep app is aimed at children aged 12 and under and can help with sleep issues, insomnia, stress and anxiety, as well as promoting feelings of wellbeing. The meditation is 13 minutes long – other meditations are available but are charged.



**[Smiling Mind](#)** (Free iOS and Android)

Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all. The app has an easy-to-use interface for keeping track of your progress over time, both in terms of how many sessions you complete and how your emotions change. Families can set up sub-accounts from one login as well.

