

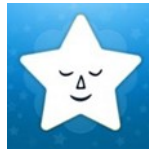
Ages 11 or younger

Stop, Breathe & Think Kids

Meditation and mindfulness made easy and fun for kids, to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts.

Price: Free

Devices: IOS & Apple Play Store



Insight Timer – see app description on inside pages.

Sleepiest - see app description on inside pages.

Follow our CYP Team on
Instagram

@HEHmind_Youth



 mind Havant and East Hants

Young people's wellbeing apps

 mind Havant and East Hants

Contact us

Havant and East Hants Mind
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02392498916
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www.easthantsmind.org
Charity No: 116301



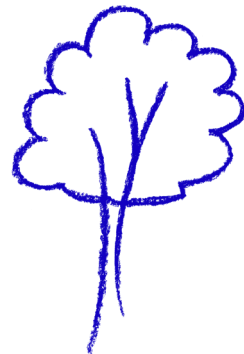
mind Havant and East Hants

At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community. Our services include

- Adult wellbeing
- Family wellbeing
- Children and young peoples wellbeing
- Training and workplace wellbeing
- Advocacy
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

HEH Mind services and support are available across the Havant Borough and East Hampshire District, with some projects and service available across Hampshire.

Importantly we are a separate charity to National Mind. When you choose who to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to us/ local services.



Connect

Meetwo

MeeTwo is an award winning free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines.

A space which allows young people to experiment with what it feels like to open up without drawing attention to yourself while positive feedback and social support builds confidence, increases wellbeing and promotes emotional resilience.

Post about all sorts of problems from general conversation such as making friends, holidays and jobs to more serious issues like addiction, death, anxiety and depression

Price: Free

Devices: IOS & Google Play Store



Kooth (NOT AN APP)

Kooth is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support.

Support includes:

Magazine: Helpful articles, personal experiences and tips from young people and our Kooth team.

Discussion Boards: Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

Chat with the team: Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

Daily Journal: Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.



Sleep

Sleepio

This is the companion app for the Sleepio program. You will not be able to access it without a Sleepio account. To see if you're eligible to create an account, please take the sleep test at www.sleepio.com.

Sleepio teaches you how to overcome poor sleep using evidence-based cognitive and behavioural skills, helping you to fall asleep faster, stay asleep longer, and feel more energised throughout the day.

Key Features: KEY FEATURES: - Instant CBT for insomnia at your fingertips - Sleep Diary to track your progress - Help me now, instant, bite-sized help from The Prof.

Price: Free if you qualify for the sleep program

Device: IOS. There is access via the sleepio website to all features



Sleepiest

Having trouble falling asleep at night? Download Sleepiest to relax your mind and learn how to start sleeping better. With calming bedtime stories, soothing sleep sounds, sleepy guided meditations and smart sleep cycle tracking; you're sure to get into the perfect natural headspace to settle down at night.

Features include: Bedtime Stories, Sleep Sounds, Guided Meditations, Sleep Tracking, Alarm and Apple watch features.

Price: free to instal and use most features, in app purchases not essential to use.

Device: IOS only



Youth wellbeing apps

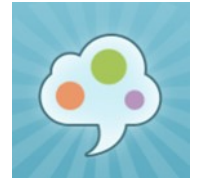
Anxiety

SAM: Self-help for Anxiety Management

SAM is an app to help you understand and manage anxiety. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection. The "Social cloud" feature will enable you to share your experiences with the SAM community while protecting your identity.

Price: Free to use

Device: IOS and Google Play Store



MindShift

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety.

Price: Free

Devices: IOS and Google Play Store



Anxiety

Clearfear

Learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.- uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.

Targeted at different anxiety types: Generalised anxiety, Social Anxiety, Performance anxiety, OCD, Separation anxiety, Exam Anxiety, Phobias and fear of missing out

Price: Free

Devices: IOS & Apple Play Store



Low Mood/Depression

In Hand

In Hand is about the here and now. The app allows you to focus yourself in a moment of stress or low mood. Once the app knows how you are feeling it will take you through simple steps to help you, be you. These activities include talking to someone, reading inspirational quotes and taking pictures.

Price: Free

Devices: IOS and Google Play Store



Aloe Bud

Aloe Bud is an all-in-one, self-care pocket companion. It gently brings awareness to self-care activities, using encouraging push notifications, rather than guilt or shame.

Add activity cards to your personal dashboard, according to what you believe needs extra attention today or in the near future. Activity cards cover everything, filling up water bottles, remembering to take screen breaks, journaling about personal relationships and remembering who or what you're grateful for.

Price: Free to use. Contains non-essential in app purchases

Devices: IOS



Diary Mood Tracker – Daylio

Daylio enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.

Price: Free to install. Contains adverts and in-app purchases

Device: IOS & Google Play Store



Happy Colour

Colour your favourite pictures and discover the new DISNEY category!

Happy Colour is a colour by number game.

All 6000 of them are free. There are more than 15 categories, such as animals, places, hobbies and Flowers.

Price: Free to install with 6000 images for free. Some in-app purchases

Devices: IOS & Google Play Store



Bereavement/Grief

Apart of Me

Apart of Me is a multi-award-winning therapeutic game. It was co-created by experts in child psychology and bereaved young people, and translates bereavement counselling techniques into a magical 3D world.

You will be transported to a beautiful, peaceful island where you will meet a variety of friendly creatures. You will be given a guide to support you along your journey. Your guide will help you to explore, accept, understand and articulate your experience of grief and the wide range of emotions connected to it.

As you progress through the game, you will discover your own strengths and wisdom. The island is a safe place where you can begin to process your grief at a pace that suits you, remember the person you have lost, and hear from others who know what it is like to lose someone you love.

Price: Free

Device: IOS & Google Play Store



Cove: Music for your Mental Health

Create your own music depending on your mood. Each new tune can be added into a mood journal which is easy to track and add to. Relaxing and mindful app especially helpful with anxiety and depression. Tested and used by the NHS and other organisations

Price: Free

Devices: IOS



MyPossibleSelf

Track how you feel every day with the improved Mood Tracker - select from Great, Good, Okay, Bad, Awful - add notes and photos to each entry and personalise your moods.

Look back to how you've been feeling over time with our new Mood History feature. View your historical mood entries to pick up patterns in behaviour.

Do more of the things that make you feel great and less of the things that don't by learning from our Mood Tracker insights. Understand what activities, places and people influence your mood.

Select from 10 learning modules including a Building Happiness and Wellbeing module. Develop new ways to deal with thoughts, feelings and behaviours.

Price: Free to use. Some in-app purchases.

Devices: IOS & Google Play Store



Anxiety and Low Mood

WellMind

WellMind is a free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, games, relaxation audio and tips and tools to improve your mental health and boost your wellbeing.

Price: Free

Device: IOS and Google Play Store



Self-harm/Suicide

Stay Alive

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.

Price: Free

Devices: IOS and Google Play Store



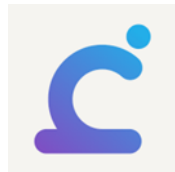
Calm Harm

Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

What does it do? The four categories of tasks target the main reasons for why people self-harm. Distract helps to combat the urge by learning self-control; Comfort helps to care rather than harm; Express gets those feelings out in a different way and Release provides safe alternatives to self-injury.

Price: Free

Device: IOS & Google Play Store



If you are in crisis consider:

Our Safe Haven— 0300 303 1580 or email cypsafehaven@easthantsmind.org between 5pm – 8pm Tuesday, Wednesday and Thursday.

ChildLine: Call 0800 1111 - Anytime

Samaritans: Call 116 123 (24/7 FREE) - Anytime

Meditation/Breathing

Insight Timer

The number 1 free meditation app. Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more. Music tracks from world-renowned artists. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. Includes FREE live yoga tutorials.

Price: Free, membership only needed for courses

Devices: IOS and Google Play Store



Happier

Happier helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach -- use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day.

Price: Small portion of the app is free

Devices: IOS and Google Play Store



Smiling Mind

Smiling Mind is a FREE mindfulness meditation app developed by psychologists and educators to help bring balance to your life. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind. Our programs are designed to assist people in dealing with the pressure, stress, and challenges of daily life.

Price: Free

Devices: IOS and Google Play Store

