

Please find a list of Wellbeing websites and apps which will hopefully help to signpost you to the most useful support available.

Websites

www.headspace.com
Learn to meditate and live mindfully
Hundreds of themed sessions on everything from stress and sleep to focus and anxiety. Bite-sized guided meditations for busy schedules. SOS exercises in case of sudden meltdowns
www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing
5 steps to mental wellbeing
Evidence suggests there are 5 steps we can all take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from life.
https://my.happify.com
Empower yourself to take care of your emotional wellbeing
4-week tracks, featuring science-based activities and games, include topics that may be appealing to older adults, including how to embrace life as an empty nester, finding happiness in spite of a chronic illness, and getting better sleep.
https://ilovewellbeing.com/
An online directory for natural health and wellness practitioners, related businesses, articles and news about wellness and related events.
You can find self-care ideas, techniques, & recipes to experiment within the comfort of your own home!
https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children
Anxiety in children
Throughout a child's life there will be other times when they feel anxiety. Lots of children feel anxious when going to a new school, for example, or before tests and exams. Some children feel shy in social situations and may need support with this.
https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/
Helping your child with anxiety

If your child is struggling with anxiety, here are some ways you can support them and places you can get help.

www.actionforchildren.org.uk/support-for-parents/children-s-mental-health

Sign spotting for children that might need support.

Spotting the signs of mental health issues in your child and what to do to help

www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/mental-health/teen-anxiety

Anxiety is the most common mental health concern for children and adults

Anxious teens are often quiet and compliant, they frequently go unnoticed by their parents and teachers. How can you relieve your child's anxiety, and help them to be more confident?

www.nopanic.org.uk/9-things

No Panic specialises in self-help recovery

Requires membership. Services include providing people with the skills they need to manage their condition and work towards recovery, enabling them to lead more fulfilled lives.

www.mind.org.uk

A mental health charity.

Working with everyone experiencing a mental health problem gets both support and respect.

www.changegrowlive.org

Help and support to adults, children, young people and families

Services cover a wide variety of areas including health and wellbeing, substance use, mental health, criminal justice, domestic abuse and homelessness.

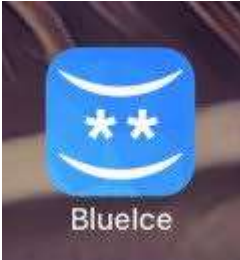
www.annafreud.org

The Anna Freud National Centre for Children and Families.

They have developed and delivered pioneering mental health care for over 60 years. Their aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

Apps

Blue Ice



BlueIce is an evidenced-based app to help young people manage their emotions and reduces the urges to self-harm. It includes a mood diary, a tool box of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

Catch It



Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

Chill Panda



Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

Feeling Good: positive mindset



Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.

Sleepio



Sleepio is an online sleep improvement programme, clinically proven to help you fall asleep faster, stay asleep through the night and give you more energy during the day. You will learn to tackle the racing mind and behavioural strategies to help reset sleeping patterns naturally.

Moodfit



Shape up your mood with proven tools & insight using Moodfit's free mobile app. Mindfulness, gratitude, mood tracking, tips & more