

Apps for wellbeing and mental health

Worry Tree App



Helps with anxiety & worry

Wellmind



Help with moods and wellbeing

The Worrinots



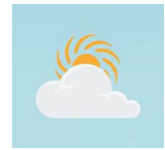
Making the fear disappear

Stay Alive



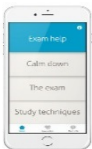
Empowering you to keep yourself safe

Bright Sky



Helps people recognise dangerous situations

Exam Stress



Help with managing these difficult times

Smart Recipes



Advice, help recipes for cooking

Self-Heal



Self Care Techniques

What's Up?



Help to cope with low moods, anger, stress & more

Smiles & Tears



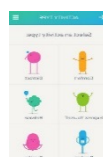
Helping guide for Loss & Bereavement

Mindshift



Helps with panic, worry & social anxiety

Calm Harm



Helping with self harm thoughts

Aim for Anger Management



Tips to help with angry feelings


Fear Kit for Anxiety





Help with worry and anxiety

You can go and see your doctor without your parent/carer if you wish. In an emergency: Dial 999



Eye to Eye:  <https://www.eyetoeye.wales>

Childline:  : 0800 1111  www.childline.org.uk



The Mix:  0808 808 4994  1-2-1 chat  messenger  www.themix.org.uk



Anti-bullying network:  : www.antibullying.net



Stand up to Bullying:  www.standuptobullying.co.uk

Young Minds: If you need urgent help text YM to  85258  <https://youngminds.org.uk>



CALL (Community Advice and Listening Line):  0800 132737 or text 'help' to  81066



Samaritans -  116 123  : www.samaritans.org.uk

The Butterfly Project:  www.thebutterflyproject.org.uk



Stonewall Cymru:  www.stonewallcymru.org.uk

Mermaids:  www.mermaidsuk.org.uk



Some of the above websites have online chat, text chat, telephone chat and forums for support

*It's okay
not to be
okay.*

These are some of the Apps that have been suggested by some of the agencies we work with. Please also do additional research to obtain the most appropriate app. Not all of the Apps have been vetted by YNG safeguarding team and as such, these are here as a suggestion.