










	<p>Think Ninja</p> <p>How can it help: Think Ninja is a free app to support children and young people with their mental health and emotional wellbeing. (Ages 11-17)</p>
	<p>Clear Fear</p> <p>How can it help: Clear Fear is full of practical techniques 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. (Ages 11-19)</p>
	<p>Mindshift CBT</p> <p>How can it help: Mind shift CBT is a free self-help anxiety relief app that helps you reduce worry, stress and panic by following evidence-based strategies.</p>
	<p>FearTools – Anxiety Aid</p> <p>How can it help: FearTools offers evidence-based self-help to combat anxiety, including access to a thought diary, exposure exercises and breathing techniques.</p>
	<p>Worry Tree</p> <p>How can it help: The Worry Tree app aims to help you take control of worry wherever you are.</p>
	<p>Catch It</p> <p>How can it help: Catch it will teach you how to look at problems in a different way, turning negative thoughts into positive ones and improving your mental wellbeing.</p>
	<p>Calm Harm</p> <p>How can it help: Calm Harm helps young people manage the urge to self-harm.</p>
	<p>#StayAlive</p> <p>How can it help: The Stay Alive app is a suicide prevention resource. You can use it if you're having thoughts of suicide or are concerned about someone else who may be considering suicide.</p>

	<p>DistrACT</p> <p>How can it help: DistrACT offers easy, quick and discreet access to information and advice created by doctors and relevant experts about self-harm and suicidal thoughts.</p>
	<p>Combined Minds</p> <p>How can it help: Combined Minds helps families and friends support young people with their mental health.</p>
	<p>not OK</p> <p>How can it help: notOK App is a free digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out.</p>
	<p>MeeTwo</p> <p>How can it help: MeeTwo is a free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources</p>

If you need urgent mental health support and advice:

Call NHS 111 for physical or mental health emergencies (available 24/7)

Samaritans: call 116 123 (available 24/7)

SHOUT 85258: text 'SHOUT' to 85258 (available 24/7)

Always dial 999 in an emergency or, to contact the Police in a non-emergency, use 101.