

APPS THAT MAKE A DIFFERENCE

Thank you to Laura- Drug and Alcohol Development Worker, EYC for putting this list together

MINDFUL GNATS

An app to help young people develop mindfulness and relaxation skills

MINDSHIFT

MindShift is a free 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

MOOD TRACKER

A website/app which lets you track moods and sleep patterns helping to manage depression, anxiety or bipolar disorder

MOODGYM

MoodGYM is a free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy

WOEBOT

A free therapy chatbox that was created by a clinical psychologist. It uses one of the best-researched approaches to deliver scripted responses to users



STRESS AND ANXIETY COMPANION

Helps users handle stress and anxiety on-the-go. It provides tools like breathing exercises, relaxing music and games. Goal is to help users change negative thoughts to help them better cope with life's ups and downs

FOR ME

Is a free app from Childline. It offers counselling, group message boards, and advice

CALM HARM

Is a free app with password protection that provides a range of techniques to relieve emotional distress. It's particularly helpful if you often use self-harm to cope

