

Your child might like to use

### **Self Help Apps**

Lots of us use Apps every day, whether it is to message our friends or to edit photographs. Have you considered using apps on your phone to help improve your general wellbeing?

Below is a list of a few apps recommended by Buckinghamshire CAMHS. Just remember though that although these apps can be useful we still recommend speaking to a trusted adult or GP if you have concerns about any symptoms you are experiencing.

**SAM** : Self-help for Anxiety Management – self-help app to learn to manage anxiety.

**What's up?** : What's Up? Is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!

**Headspace** : Meditation made simple. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.

**Optimism** : A mood charting app for managing depression, bipolar and anxiety disorders to keep a journal and chart recovery progress.

**Relax Melodies** : Select sounds and melodies to help you sleep.

**Mindshift** : An app to help teens cope with everyday anxieties, it teaches relaxation, suggests activities to help you shift and face it.

**Moodtrack Diary** : Monitor and track your emotional health. The app records a range of emotions for anxiety, depression, stress, post-traumatic stress and your general well-being.

**Grief - Support for Young People** : This app has been created by leading bereavement charity Child Bereavement UK and the bereaved young people we work with. It is for 11-25 year olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents and professionals who would like to know how to support bereaved young people.

**CALM** : Relax with Calm, a simple mindfulness meditation app.