

# Resources

## Websites

Young Minds - <https://www.youngminds.org.uk/young-person/>

Anna Freud - <https://www.annafreud.org/on-my-mind/>

Childline - <https://www.childline.org.uk/>

We heart CBT - <https://weheartcbt.com/>

Mind - <https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-mental-health/>

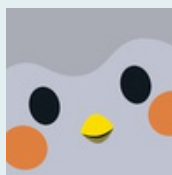
NHS - <https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/>

The Mix - <https://www.themix.org.uk/>

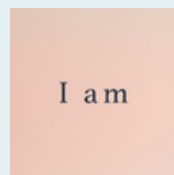
Chilypep - <https://chilypep.org.uk/young-peoples-corner/>

Open Up Directory - <https://chilypep.org.uk/open-up-directory-2/>

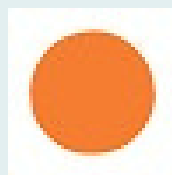
## Apps



Finch



I am



Headspace



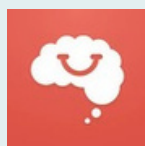
Pzizz



tellmi



meditate  
mind



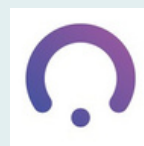
lets Smiling



Chill  
panda



think  
ninja



Clearfear



calmharm



Moodspace