

App Guide

Apps to support young people and their families with social, emotional, mental health and well-being



01



Chill Panda

Age: Secondary, FE and some Primary pupils.
About: Free App, available on Apple and Android devices. A calming game of mindfulness, go on quests and play games whilst learning relaxation techniques. Good for de-stressing and helping with relaxation.

Combined Minds

Age: 12+, Secondary and FE.
About: Free App, available on Apple devices. A range of activities and techniques for families/carers to work through with young people who have mental health issues such as anxiety, depression, digital addiction, self harm or an eating disorder.



02

03



Mindful Powers

Age: Secondary, FE and some Primary pupils.
About: Free App, available on Apple and Android devices. Builds social and emotional learning through play. It contains stories to help develop mindfulness and aims to help young people focus, calm their thoughts, and be more mindful in their actions.

Mindshift

Age: Secondary and FE.
About: Free App, available on Apple and Android devices. Designed to help teens and young adults deal with anxiety. It can help young people face anxiety and change how they think about anxiety, rather than trying to avoid it. Gives strategies to manage worry, panic, conflict and anxiety. Also contains relaxation and goal setting exercises.



04

05



wysa

Age: 18+, FE
About: Free during the Covid-19 crisis, available on Apple and Android devices. A 'chatbot' where users can talk about their feelings in a safe space - aimed at older students and parents.

Think Ninja

Age: Secondary, FE and some upper KS2 Primary pupils.
About: Free during the Covid-19 crisis, available on Apple devices. Helps young people learn about and develop a range of skills to deal with stress, anxiety and low mood.



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07



Superbetter

Age: 13+, Secondary and FE.
About: Free App, available on Apple and Android devices. Designed to help young people build resilience, achieve goals, and tackle challenges including anxiety, depression, stress or chronic pain. Teaches skills to help people to remain strong, even when faced with obstacles.

worriots

Age: Secondary and Primary.
About: Free App, available on Apple and Android devices. (To be downloaded with WOTNOT). A secure app designed for children. Parents can monitor the responses of their child through the WOTNOT app. Children talk or type their worries; these are monitored by parents but the young person watches their 'worrinot' character deal with their fear and anxiety.



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Tops Tips

All these Apps can be useful in supporting young people and young adults through this confusing and unpredictable time. Where you can, try and use the Apps together to help you understand what might be worrying or confusing your young person. It is also important to try and talk through any worries together as a family to help everyone feel understood and supported.

