

Warwickshire Primary Mental Health Team Apps & Websites 2019/2020

Apps

- **Dreamy kid**
Meditation & Affirmations for children (Free with in-app purchases)
- **Headspace**
Mindfulness
- **Mindful powers**
A holistic approach to building social-emotional learning through the power of play
- **The Zones of Regulation**
Used in some schools. App helps to explore emotions and develop regulation skills (£3.99)
- **Smiling Mind**
Meditation program developed by psychologists and educators to help bring mindfulness into your life (App based)
- **Stop Breathe & Think Kids**
Check in with how you are feeling and choose one of our missions to help create your very own force field of calm (You tube Channel also available)
- **Calm Harm**
Provides tasks to help you resist or manage the urge to self-harm
- **Mind Shift**
Help Teens and Young Adults cope with anxiety, It can help you change how you think about anxiety, offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: Test anxiety, Social anxiety, and perfectionism
Also contains relaxation exercises
- **Smiling Mind**
A daily mindfulness and meditation guide

Websites

YouTube has various videos to support CYP

- **Stop, Breathe and Think Kids channel** – Stress relief guides for children
<https://www.youtube.com/channel/UCkB9zEEqnP9kMlf5VChd99Q>
- **GoZenOnline channel** – CYP friendly information and strategies
<https://www.youtube.com/user/gozenonline>
- Search '**Bubble Breathing**' for breathing technique

Young Minds - www.youngminds.org.uk

Papyrus – prevention of young suicide <https://papyrus-uk.org>

Sorted booklist <https://www.warwickshire.gov.uk/sorted> - Books for Children and Young people and their parents, carers and anyone working with young people to help with emotional wellbeing.

Minded – Free educational resource on children and young people's mental health for adults.
<https://www.minded.org.uk/>