







# Useful apps and websites for wellbeing

## Information for children and young people

Sometimes we can all feel worried or sad but there are things that can help, including talking to your parent/carer or an adult you trust about your feelings. There are also apps and websites that you can look at, which other children and young people have found useful. These resources can also help with 'procedural anxiety', which is when you are worried about needles (if you are having an injection or bloods taken), scans, having an operation, or are worried about coming to a hospital appointment.

### Apps

App	Helpful for...
<b>Smiling Mind</b> 	<ul style="list-style-type: none"> <li>• Age: suitable for all ages</li> <li>• Provides different guided relaxation and mindfulness exercises</li> <li>• Free</li> </ul>
<b>Chill Panda</b> 	<ul style="list-style-type: none"> <li>• Age: children</li> <li>• Work through quests and tasks based on how you are feeling</li> <li>• Provides breathing and stretching exercises</li> <li>• Free</li> </ul>
<b>Head Space</b> 	<ul style="list-style-type: none"> <li>• Age: older children and adolescents</li> <li>• Provides mindfulness exercises</li> <li>• Has a free trial</li> </ul>
<b>Calm</b> 	<ul style="list-style-type: none"> <li>• Age: older children and adolescents</li> <li>• Provides relaxation exercises including a visual aid for controlled breathing techniques</li> <li>• Has some free components and some paid components</li> </ul>
<b>Mindshift</b> 	<ul style="list-style-type: none"> <li>• Age: older children and adolescents</li> <li>• MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.</li> <li>• Free</li> </ul>
<b>Hospichill</b> 	<ul style="list-style-type: none"> <li>• Age: children</li> <li>• Includes different activities such as relaxation skills with animations, distraction ideas and other helpful tools for managing anxiety about an upcoming hospital appointment or procedure</li> <li>• Free</li> </ul>

## Websites

Use the links or scan the QR codes below.

<b>NHS Inform</b> Anxiety self help guide for teenagers and adults: <a href="http://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide">www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide</a>	
<b>YoungMinds</b> Information and advice for teenagers on how to cope with anxiety: <a href="http://youngminds.org.uk/find-help/conditions/anxiety/">youngminds.org.uk/find-help/conditions/anxiety/</a>	
<b>Anxiety Canada</b> Canadian website that provides helpful free anxiety psychoeducation and resources: <a href="http://www.anxietycanada.com">www.anxietycanada.com</a>	
<b>Anxiety Canada YouTube video</b> Fight/flight/freeze anxiety psychoeducation video by Anxiety Canada: <a href="http://www.youtube.com/watch?v=FfSbWc3O_5M">www.youtube.com/watch?v=FfSbWc3O_5M</a> (for children)	
<b>Anxiety Canada YouTube video</b> Fight/flight/freeze anxiety psychoeducation video by Anxiety Canada: <a href="http://www.youtube.com/watch?v=rp0lpKTWrp4">www.youtube.com/watch?v=rp0lpKTWrp4</a> (for teenagers)	
<b>HandsOn – NHS Fife</b> Information and advice on depression and low mood: <a href="http://www.handsonscotland.co.uk/depression-and-low-mood/">www.handsonscotland.co.uk/depression-and-low-mood/</a>	
<b>Anna Freud</b> Information and tips on self-care for young people: <a href="http://www.annafreud.org/on-my-mind/self-care/">www.annafreud.org/on-my-mind/self-care/</a>	

