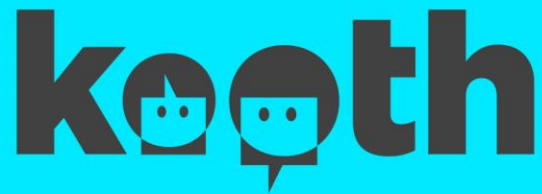




Positive use of Digital Media

BICS MHST

Support with mental health and wellbeing



Kooth - online platform

- **1:1 support** – Connect to a practitioner to receive support for mental health.
 - **Activities** for wellbeing and helpful habits
 - **Forum** – Talk with others about their experiences (e.g. anxiety)
 - **Articles** – written by young people about their experiences
 - **Podcasts**- Episodes discussing mental wellbeing and self-care
 - **Journals** – A personal diary where young people can track their mood
-
- Kooth has its own [TikTok](#) and Instagram page dedicated to feel-good content and wellbeing tips

Support with Anxiety



MindShift App



FREE ANXIETY
MANAGEMENT APP FOR
TEENS AND YOUNG ADULTS
DEVELOPED BY ANXIETY
CANADA



USES CORE CBT TOOLS TO
MANAGE ANXIETY



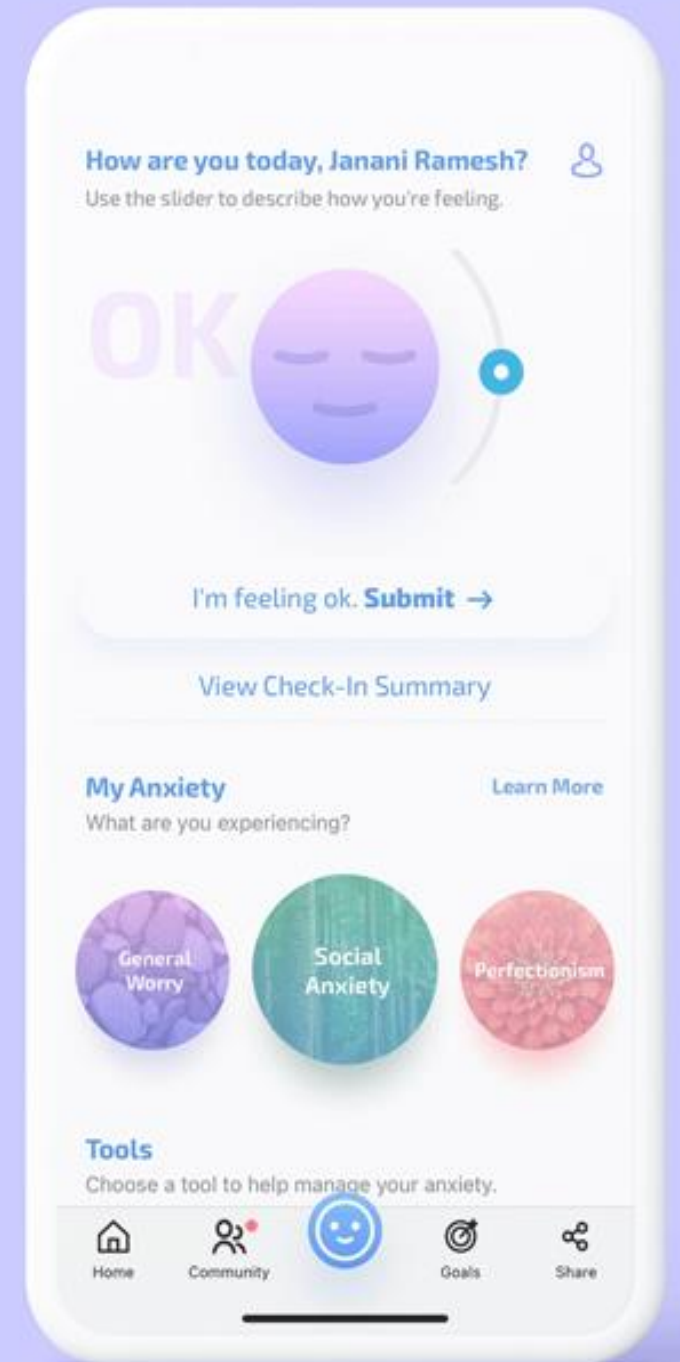
HAS TIPS TO MANAGE
DIFFERENT TYPES OF
ANXIETY, FACING YOUR
FEARS AND BUILDING
HEALTHY HABITS



INCLUDES A THOUGHT
JOURNAL



RELAXATION TECHNIQUES

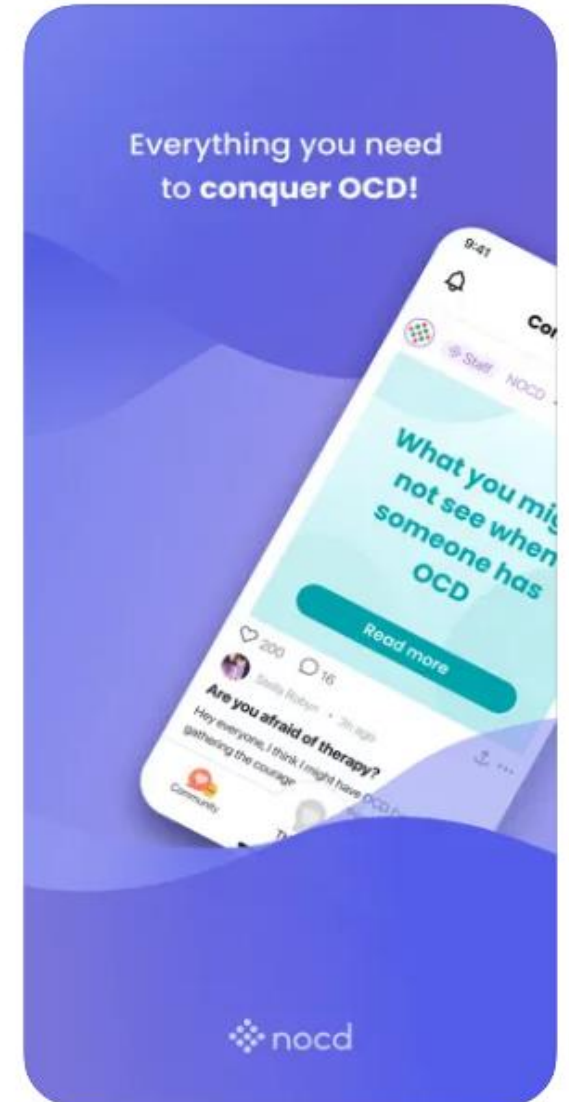


Support for OCD

No OCD



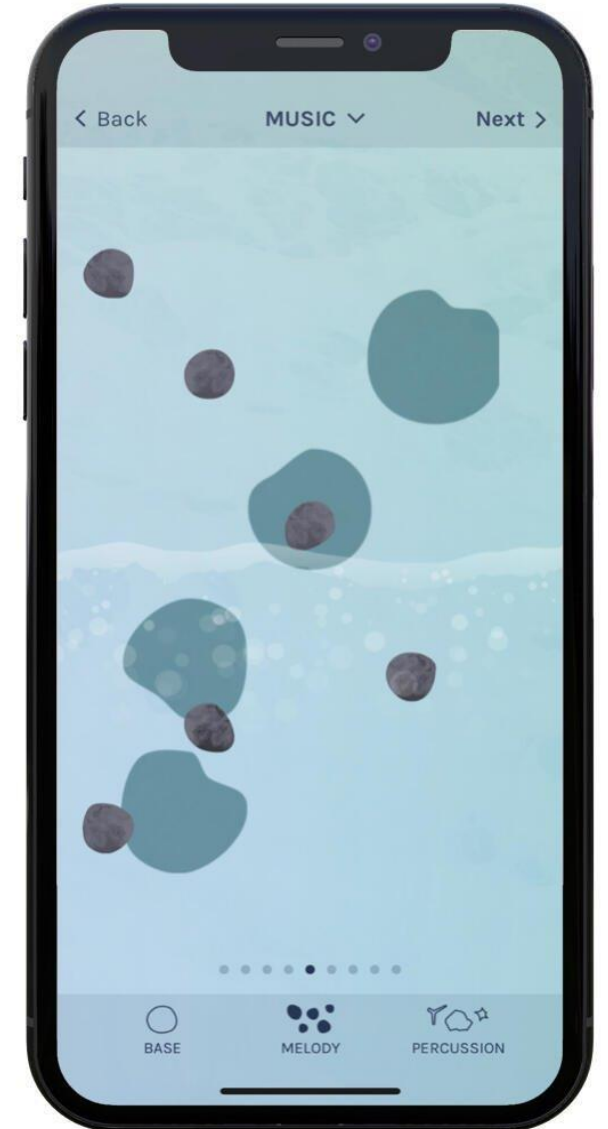
- Specific help for children, young people, adults and families suffering with Obsessive Compulsive Disorder (OCD)
- American app with possibility of receiving online support from therapists



Support for expressing emotions

COVE 

- Create music to reflect emotions and help express how you feel
- It can be easier for some to use if they struggle with emotional literacy or if they struggle to find the right words to speak about their emotions



Introducing mindfulness to your daily life

Smiling Mind

- A meditation program developed by psychologists and educators to help bring mindfulness into your life
- The app has audio lessons to teach mindful meditation in different daily routine settings (e.g. in class, during sports).
- The lessons range from short 1 minute lessons to longer lessons (e.g. 40 minutes).

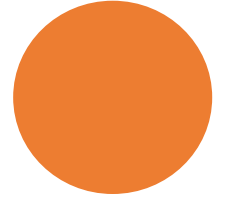


Helping you untangle your worries (and problem-solve)

Worry Tree



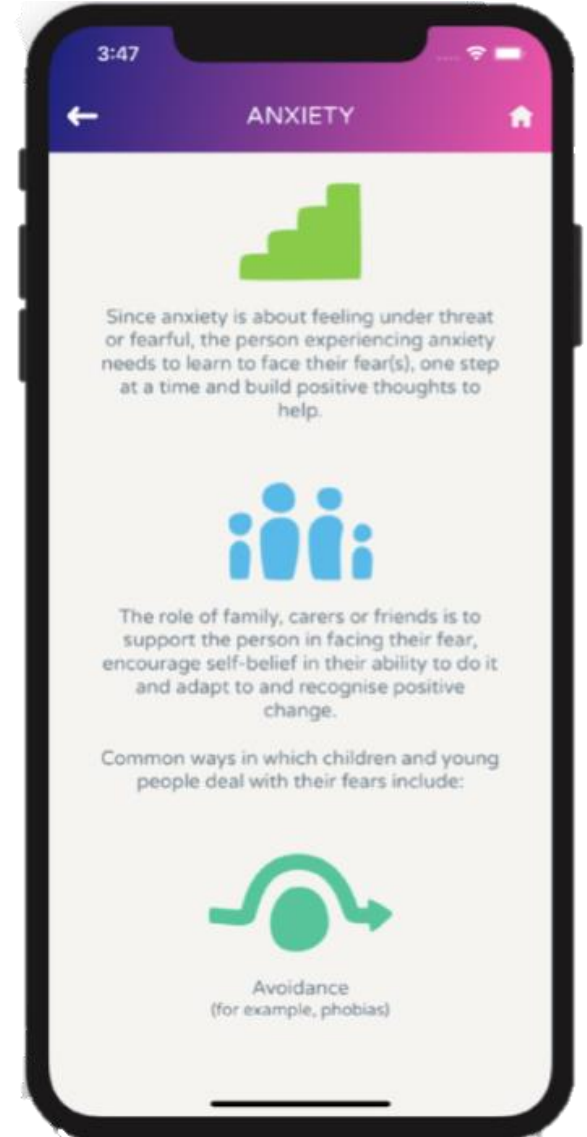
- The WorryTree app aims to help you take control of worry wherever you are.
- This app can help you challenge your worries using CBT techniques, supporting you to come up with solutions to tackle problems

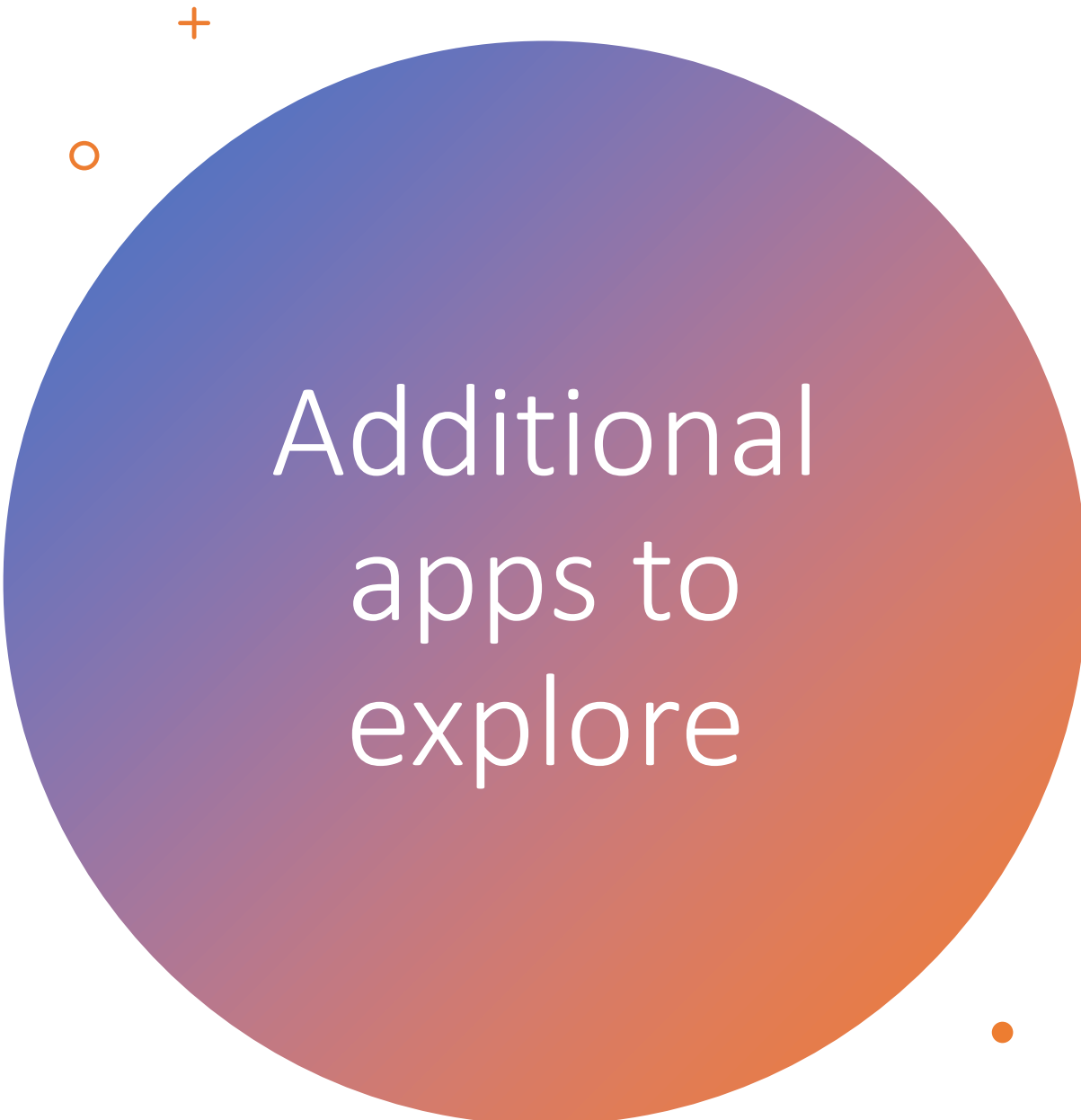


Guidance for Families

Combined Minds

- Helps families and friends to provide the right environment to support young people affect their own change.
- A ‘Strengths-Based’ Approach helping families and friends to search for their own strengths as well as the young persons, building resourcefulness and resilience.





Additional
apps to
explore

APPS | CAMHS Resources
camhs-resources.co.uk

- Mood Gym - An online cognitive behaviour therapy program for YP from ages of 16+ to learn skills to manage anxiety and depression. Developed by the Royal Australian and New Zealand College of Psychiatrists



moodgym®