APPS

FOR MENTAL HEALTH

What's Up?

HEADSPACE

Calm

WORTH WARRIOR

Worth Warrior is a free app to help young people manage low self-worth, poor body image and related eating disorders.

think ninja

CALM HARM

Calm Harm is a free app to help teenagers manage or resist the urge to self-harm.

CLEAR FEAR

Clear Fear is a free app to help children and young people manage symptoms of anxiety.

MOVE MOOD

Move Mood is a free app to help teenagers manage low mood and depression.

COMBINED MINDS

Combined Minds is a free app to help families and friends provide mental health support.