Useful websites for your emotional wellbeing toolkit

https://www.annafreud.org/on-my-mind/self-care/
A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies - Anna Freud Centre

https://www.childline.org.uk/toolbox/calm-zone/
A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption. They also have their own mood journal and information on Cornavirus - Childline

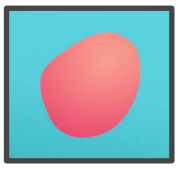
https://headscape-swlondon.nhs.uk/
NHS Trust activities and support for mental health difficulties.

https://www.kooth.com/
Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

Useful APPs for your emotional wellbeing toolkit



Chill Panda
Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



Cove
Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger.

Meetwo
MeeTwo people, and helplines.



is an award-winning free fully moderated app for young which provides peer support, expert help, inbuilt educational creative resources as well as in-app links to UK charities and



Thrive
Thrive helps you prevent and manage stress, anxiety and related conditions. The game-based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more

stress-free life.