

### Apps to Help You Look After Yourself

- **Smiling Mind** – free mindfulness exercises, including ones to help you fall asleep (FREE: APPLE/ANDROID)
- **Sanvello** – tracks your mood, and offers tools and techniques to help cope with stress, anxiety or depression (FREE: APPLE/ANDROID)
- **Mindshift** – helps you cope with anxiety and worries (FREE: APPLE/ANDROID)
- **Calm** - techniques to meditate, breathe, sleep and relax, with illustrations (FREE:APPLE/ANDROID)
- **Headspace** – offers various mindfulness and meditation exercises and guides (FREE TRIAL: APPLE/ANDROID)
- **What's Up?** – tools to keep track of thoughts, view breathing techniques and read forums to manage feelings of anxiety and depression (FREE: APPLE/ANDROID)
- **Calm Harm** – helps manage self-harm impulses using distraction, comfort and expression (FREE: APPLE/ANDROID)
- **notOK** - a digital panic button to get immediate support from trusted, pre-selected people through a simple text message. Options to share your location to share with friends (FREE: APPLE/ANDROID)
- **Motivation - Daily quotes** – Daily positive reminders that can be personalised according to different topics. Share with friends and upload to social media! (FREE: APPLE/ANDROID)



### Sleep Apps

- **Shleep** – coaches you to improve your sleep by completing tasks, setting reminders, tracking your sleep and doing meditation exercises (FREE: APPLE/ANDROID)
- **Pzizz** – uses music and sounds to help you sleep. Create your own dreamscapes and customise alarms (FREE: APPLE/ANDROID)
- **Twilight** - reduces blue light to from your phone screen to help you sleep by changing the colour of the screen (FREE: APPLE/ANDROID)
- **Relax Melodies** – create your own soundscape to sleep to from a library of sounds, music, bedtime stories, meditation practices and relaxation techniques (FREE: APPLE/ANDROID)

### Exercise & Fitness Links

- **SworKit Fitness & Workout App** - customise and play personalized video workouts. Choose the length and intensity of your workout (FREE: APPLE/ANDROID)
- **Zombies, Run!** - walk, jog or run anywhere in the world and listen to your mission/music on your headphones. If you're chased by zombies, you'll have to speed up! (FREE: APPLE/ANDROID)
- **Nike Run Club** - choose your length of run, and use mindfulness to increase motivation, focus and performance (FREE: APPLE/ANDROID)
- **Check out PE with Joe on Youtube** for daily exercise videos led by fitness coach Joe Wicks

### Help with Revision

- **GetRevising** (app/website) - access to a study plan, revision tools, notes and past papers ([getrevising.co.uk](http://getrevising.co.uk))
- **Quizlet** (app/website) - create online flashcards, access to study materials and create tests for yourself ([quizlet.com/en-gb](http://quizlet.com/en-gb))
- **Goconqr** (app/website)– create flashcards, mind maps, quizzes and flowcharts to help with revision and course content recaps ([goconqr.com/en](http://goconqr.com/en))
- **StudyBlue** (app/website) - Find and study online flashcards and class notes at home or on your phone ([studyblue.com](http://studyblue.com))
- **myHomework Student Planner** (app) – organise homework calendar, create homework widgets, class schedules (FREE: APPLE/ANDROID)
- **Exam countdown** (app) - timer, reminder, exam & test timetable app for students to keep track of exams (FREE: APPLE/ANDROID)



### Helpful Games Apps

- **Happify** - activities and games to help reduce stress, overcome negative thoughts (10 free tracks on APPLE/ANDROID)
- **Luminosity: Brain Training** – uses puzzles and short exercise to improve memory and focus (FREE: APPLE/ANDROID)

Thank you to the young people who attended the DISCOVER programme for recommending these resources

**Find out more about DISCOVER: [slam.nhs.uk/discover](http://slam.nhs.uk/discover)**

### Improve Time Management & Reduce Procrastination

- **Flora** – stay off your phone by planting a seed in the app and watching it grow into a tree (FREE: APPLE)
- **Forest** – manage your time and stay focused on a task. Plant trees whilst you work. The longer you spend not using your phone, the healthier the trees in your forest! (FREE: ANDROID)
- **Clockwork Tomato** – helps you manage your time and boost productivity by breaking work into 25-minute chunks and 5-minute breaks, with help from the inbuilt timer (FREE: ANDROID)
- **Flipd** – helps reduce distractions by blocking social media apps on a timed basis, and access to soothing tracks to keep you focussed, calm and mindful (FREE: APPLE/ANDROID)
- **OFFTIME** – create profiles that block your calls, texts and notifications, for better focus and removing distractions (FREE: ANDROID)
- **Wunderlist: To Do List & Tasks** – helps you manage tasks by creating 'to do lists' with notifications. You can share these with friends, attach photos and set reminders for important deadlines (FREE: APPLE/ANDROID)
- **Hold** - encourages focus by collecting points on the app for not using your phone. Points can then be used to unlock real-life treats e.g. popcorn at the cinema, and free tickets and vouchers (FREE: APPLE/ANDROID)



### Emotional Support & Advice

- **Kooth** – chat confidentially online to counsellors, read articles written by young people, browse forums and keep a daily journal ([kooth.com](http://kooth.com))
- **Hub of Hope** - Enter your postcode into their database to find support near you ([hubofhope.co.uk](http://hubofhope.co.uk))
- **Off the Record** – free counselling to young people in Croydon, Merton and Sutton ([talkofftherecord.org](http://talkofftherecord.org))
- **The Well Centre** – confidential health centre for 13-20 year olds in Streatham, to see a doctor, youth worker or counsellor ([thewellcentre.org](http://thewellcentre.org))
- **Muslim Youth Helpline** – free and confidential, faith and culturally sensitive support services for UK Muslim youth. Call 0808 8082008 or visit ([myh.org.uk](http://myh.org.uk))
- **Hope Again** – support and advice for young people after the death of someone close ([hopeagain.org.uk](http://hopeagain.org.uk))
- **Victim Support** – support to young victims and witnesses of crime ([victimsupport.org.uk](http://victimsupport.org.uk))
- **Nacoa** – information and support to young people whose parents are alcoholics ([nacoa.org.uk](http://nacoa.org.uk)). Call free confidential helpline 0800 358 3456, or email [helpline@Nacoa.org.uk](mailto:helpline@Nacoa.org.uk)
- **Mermaids** – information to those exploring their gender, and stories from young people who have been in contact with Mermaids. Call 0808 801 0400 (9am-9pm Monday to Friday) or visit [mermaidsuk.org.uk](http://mermaidsuk.org.uk)
- **Metro** – counselling and support in London & the South East for anyone experiencing issues around sexuality, gender, diversity or identity ([metrocentreonline.org](http://metrocentreonline.org))
- **Mosaic** – London-based service, gives advice and information, and organises meet-ups for those identifying as LGBT+. Fill in the form on their website to get in touch ([mosaicyouth.org.uk](http://mosaicyouth.org.uk)) or email [info@mosaicyouth.org.uk](mailto:info@mosaicyouth.org.uk)
- **Young Minds** – national UK advice & information about youth mental health and emotional wellbeing ([youngminds.org.uk](http://youngminds.org.uk))
- **Beat** – support for people experiencing eating difficulties ([beateatingdisorders.org.uk](http://beateatingdisorders.org.uk))
- **Carers Trust** - support, advice and social activities for young carers of vulnerable relatives ([carers.org](http://carers.org))

### Urgent Help in a Crisis

- **Childline** – confidential helpline. Call 0800 111 111 to talk to a counsellor online at [childline.org.uk](http://childline.org.uk)
- **Papyrus** – for under 35s experiencing suicidal thoughts, call 0800 068 4141, text 07786209697, or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org), to access help and advice
- **Shout** - 24 hour text service for anyone in crisis or people who are struggling to cope. Text Shout to 85258 or go to [giveusashout.org](http://giveusashout.org)
- **Samaritans** – 24 hour confidential emotional support for people experiencing distress or despair. Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

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