

Mental health apps and websites to support young people

Kooth

Forums monitored by professionals, with young people giving each other support.



TellMi

Anonymous forums and website offering young people support. Professionally moderated.



My Possible Self

Journaling, diary, toolkits, podcasts and crisis line directory.



Calm Urge

Track how long you've been SH free, distraction and fidget toys, journaling and mood tracking.



Wysa

Crisis safety plan, happiness box, mental health courses, routine planning, AI chat or pay for a coach.



Grassroots - Stay alive

Sources to get urgent help, lifebox: inspiring photos, safety plan, wellness plan, breathing exercises.



InsightTimer

Meditation timer and videos, including live meditation classes.



Clear Fear

tools to manage anxiety: dealing with emotions, managing worries, physical responses.



Rootd

Anxiety and mood support, panic attack in the moment support, breathing exercises, visualising exercises, sleep exercises and journal.



Daylio

Tracking of your day and journaling + can put in photos. Lots of tracking options, from self-care to hobbies to chores.



Stoic.

Stoic offers guided journals that covers all aspects of life from happiness, gratitude, productivity, self-discovery, stress & anxiety, relationships, therapy, sleep etc.



Finch

Is self-care a chore? Struggling with habits, self-love, or depression? Self-care finally feels rewarding, lightweight, and fun with Finch.



Calm Harm

The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying triggers.



Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.



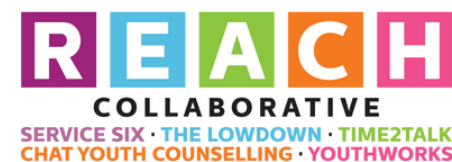
Calm

Vast library of tools promoting mindfulness, relaxation, and better sleep. Guided meditations, breathing techniques, mindfulness exercises, calming soundscapes, and celebrity-narrated sleep stories.



I am

Choose affirmations that resonate deeply. Select categories that best represent the areas of life you'd like to improve and practice deep, meaningful affirmations daily.



www.reachcollaborative.org.uk