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| St. Austin’s Primary School |

**Apps for anxiety:**

**Please check the age-appropriateness of these apps before you use them with your child as some are only designed for Y6 onwards.

Beat panic:** helps with panic attacks and anxiety.

**Headspace:** meditation app on topics such as sleep, happiness, productivity and mindful use of technology. Helps to increase focus and decrease stress.

**Sleep time:** includes soundscapes, alarm clock and wake up algorithm, tracks sleep time and cycles. Helps to notice trends that are keeping you awake.

**Sleepio:** Sleep improvement programme

**Silver cloud:** provides an eight-week course to help cope with anxiety.

**Calm:** mindfulness app, including daily meditations, nature sounds and sleep stories.

**Colorfy**: adult colouring book with a selection of images to choose from and can upload own sketches to colour.

**Kooth:** online counselling.

**Superbetter:** helps build resilience.

**Catch it:** helps with turning negative thoughts into positive.

**Cove:** Create music to help cope with complex feelings.

**Distract:** easy and discreet access to information/advice on self-harm and suicidal thoughts.

**Feeling good:** uses CBT to improve feelings, self esteem and confidence

**My possible self:** 10 modules to learn how to manage fear and anxiety; taking control of thoughts and feelings.

**Stress and anxiety companion:** breathing exercises, relaxing music and games to help handle anxiety when on the go.

**Student health app:** regularly updated health information for university students.