|  |
| --- |
| 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.