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APPS

Mindful Gnats- to help young people develop mindfulness and relaxation skills.

MindShift- designed to help teens and young adults cope with anxiety.

Mood Tracker - lets you track moods and sleep patterns helping to manage emotions.

MoodGYM - interactive program to help young people with low mood.

Calm - helps users with mindfulness and meditation.

SmilingMind - modern meditation for young people

SuperBetter - for young people over the age of 13 who who want to feel happier, healthier, and more able to reach their goals.

