

# Mental Health and Wellbeing Apps for Children



## Clear Fear

stem4 Health & Fitness

PEGI 3



### Clear Fear

Clear Fear provides you with a range of ways to **manage anxiety**.

Developed by a clinician co-collaboratively with young people, Clear Fear uses a **Cognitive Behavioural framework** to help you change anxious thoughts and emotions, alter anxious behaviours and **calm fear responses**.

It also has helpful descriptions of the different ways in which anxiety shows, resources and a grit box to **boost resilience**.

It is recommended for the ages of 11-19 years but can be used by a younger group with the support of a parent or carer. Clear Fear **compliments, but does not substitute** for the **assessment and on-going support of a mental health**.



## Calm Harm - manages self harm

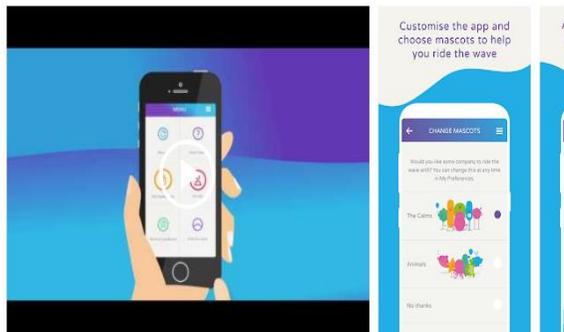
stem4 Health & Fitness

★★★★★ 1,171

PEGI 3

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### Calm Harm

Calm Harm provides tasks to help you **resist or manage the urge to self-harm**.

The app provides you with four categories of tasks to help you surf the urge. **'Distract'** helps in learning self-control; **'Comfort'** helps you care rather than harm; **'Express yourself'** gets those feelings out in a different way and **'Release'** provides safe alternatives to self-injury. There is also a **'Breathe'** category to help calm and get back in control.

You can do the activities for either **blocks of five minutes or fifteen minutes** with a countdown for each minute. You will be able to track your progress and notice change\*. Calm Harm has been developed for stem4 by Dr Krause, Consultant Clinical Psychologist using the basic principles of an evidence based treatment called Dialectic Behaviour Therapy (DBT).

(\*Please note the app is an aid in treatment but does not replace it.)

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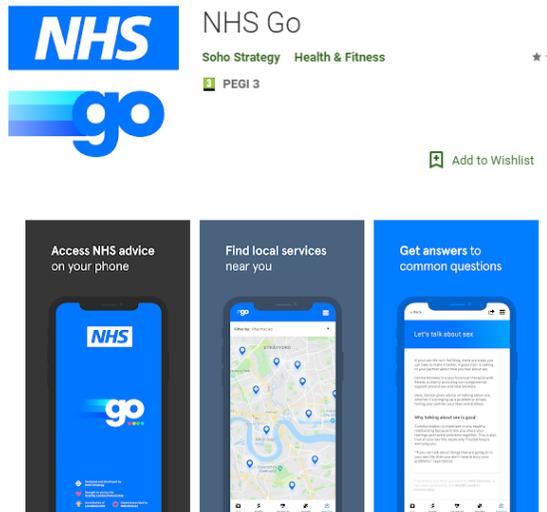


## Calm

Calm is the perfect **meditation app** for beginners, but also includes hundreds of programs for intermediate and advanced users. **Guided meditation sessions** are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.

Enjoy 100+ guided meditations to help you **manage anxiety, lower stress and sleep better**. Sleep Stories are soothing tales read by well-known voices to help people unwind and fall into a deep sleep each evening.

Also enjoy **10 minute guided video lessons** on mindful movement and gentle stretching.



## NHS Go

NHS Go is a new initiative enabling young people to have **greater access to medical information**. Users can read **health related articles**, search for **nearby services**, and find out more **information regarding their rights as an NHS customer**.

NHS Go is a confidential health advice and information service aimed at **16-25 year olds**.