

Useful Apps



Children

[Chill Panda](#)

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

[Cove](#)

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.

[ThinkNinja](#)

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

Adults

[Calm](#)

No1 app for mindfulness and meditation. Meditations aimed towards children and families.

[Headspace](#)

Headspace is a guide to mindfulness in everyday life, learn meditation and mindfulness skills from experts.