



Therapy Bytes:

Streetwise Young People's Project

The Streetwise team has trawled the internet for the best phone apps and websites to help with stress, anxiety, low mood, self-harm, and those to boost general resilience and motivation.

Here's our top picks to get you started...

IMPORTANT DISCLAIMER:

While every effort is made to ensure the information provided is accurate and up-to-date, the nature of online and app-based services is such that it is not always possible to update our records as and when services cease or change. Streetwise does not accept any liability or responsibility for the completeness, accuracy or usefulness of any of the Information provided, or for any of the content provided in these third-party apps / websites.

APPS



SAM

GOOD FOR: ANXIETY MANAGEMENT

- All ages.
- Designed to help people manage and record their anxiety.
- Users can record their anxiety levels and identify different triggers.
- Includes 20 self-help options to help users cope with the physical and mental symptoms of anxiety under the topics of anxious, unable to cope, lonely, depressed.



CLEARFEAR

GOOD FOR: ANXIETY MANAGEMENT

- Ages 11+
- Information on different types of anxiety
- Uses “clear your fear” tool to manage the physical, emotional, and behavioural elements of anxiety
- Support for panic attacks
- Encourages the user to store a ‘safety net’ of personalised support



VIRTUAL HOPE BOX

GOOD FOR: WELLBEING SUPPORT DURING TREATMENT

- Ages 13+
- Designed as an accessory for treatment.
- Simple tools to help users with coping, relaxation, distraction and positive thinking.
- Users can choose from different activities – distract me, inspire me, relax me and coping tools.



CALM HARM

GOOD FOR: MANAGING THE URGE TO SELF - HARM

- Ages 13+
- Can set up a passcode for privacy
- For young people who have already started the process of gaining an understanding of their self-harm issues
- 5 categories of tasks to resist or manage the urge to self-harm – users can choose to distract, comfort, express, release, breathe to help to ‘ride the wave’.



SMILING MIND

GOOD FOR: MANAGING THOUGHTS FEELINGS AND MOODS

- All ages
- To help young people develop the skills they need to thrive.
- Categorised into age groups and programme topics like 'back to school', sleep for teens' etc.
- Mindfulness and guided meditations
- Helps with thoughts and feelings and to self-check on mood



STAY ALIVE

GOOD FOR: MANAGING THOUGHTS OF SUICIDE

- All ages (but with parental support recommended for under 13's)
- Can be used if someone is having thoughts of suicide or if they are concerned about someone else
- Resources and information about accessing urgent support
- Users can make a customised safety plan, wellness plan and put important photos into a 'life box'.



MOODY MONTH

GOOD FOR: UNDERSTANDING MOODS CYCLES AND HORMONES

- Ages 13+
- Aims to help individuals understand their moods, cycles and hormones.
- Contain customised well-being information for everyone, aiming to help user to support their moods and cycle symptoms.



MOVE MOOD

GOOD FOR: TOOLS TO TAKE CONTROL AND FEEL POSITIVE

- Ages 13+
- Uses Behavioural Activation Therapy to improve mood
- Users are encouraged to increase motivation by carrying out a variety of tasks
- Users can track progress and notice change



SUPER BETTER

GOOD FOR: STAYING STRONG, MOTIVATED AND OPTIMISTIC

- Ages 13 +
- Games and quests to build up core strengths
- Build physical, mental, emotional, and social resilience
- Encourages young person to claim their power – deciding how they feel and what they can do to help users through a tough time



ACTION FOR HAPPINESS

GOOD FOR: STAYING POSITIVE AND MOTIVATED

- Support numbers and resources for when users may be struggling
- Monthly calendars for positive action



MINDFUL GNATS

GOOD FOR: LEARNING MINDFULNESS

- Ages 4+
- Breathing and exercises to support young people to be in the moment.



COMBINED MINDS

GOOD FOR: SUPPORTING SELF AND OTHERS

- Uses a 'Strengths-Based' Approach focussing on the positive attributes of the person
- Builds on resourcefulness and resilience
- Helps families and friends to search for their own strengths
- Helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change

WEBSITES

Docready

- www.docready.org
- Prepares young people for their first visit to a GP about mental health and well-being.

YoungMinds/ HeadMeds

- www.headmeds.org.uk
- Information and resources on mental health issues and well-being for young people, parents and professionals.

Lifesigns

- www.lifesigns.org.uk
- Information and support from a user – led charity to create understanding about self-harm.

Nightline

- www.nightline.ac.uk
- A listening service for students provided by trained student volunteers. “Listen not Lecture.”

The Mix

- www.themixorg.uk
- “Essential support for the under 25’s”. Support, resources, and information for young people to understand mental health and well-being and to take on any challenges they are facing.

TalkToFrank

- www.talktofrank.org
- Facts, support and advice on alcohol and drugs today.

MindOut

- <https://mindout.org.uk>
- Mental health information and support online run by and for lesbians, gay, bisexual, trans and queer people.

Kooth

- <https://www.kooth.com>
- Online counselling & mental health service available every day. Young people can log on to access self-help materials, goal setting & one-to-one chat sessions with a qualified counsellor 365 days a year. Ages 10 – 25.