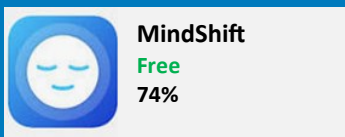
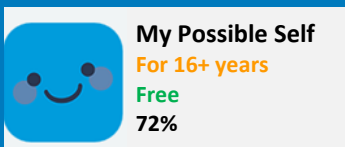


GET APPY! - ORCHA Approved Apps for CAMHS

Help with Anxiety

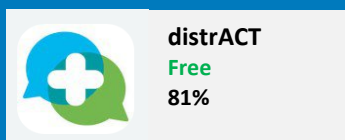


An app to help you understand, reflect and manage your anxiety, worry panic and/or phobias. It provides you with the tools to face your anxiety rather than avoid it. You can learn, set yourself goals and engage in different activities . **Suitable for ages 12+**

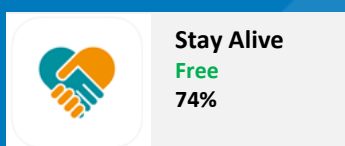


Follow the simple learning modules which focus on different things (stress, worry, unhelpful thinking and many more). The modules include a learning section and an activity section. It is a great way to take control of your thoughts, feelings and behaviours . **Suitable for ages 16+**

Help with Self Harm and Suicidal Thoughts



This app aims to increase your knowledge about self-harm and give practical advice and ideas for suicide prevention and safer alternatives to self-harm. It includes information about self-harm, self-help tips and a fantastic *Chill Zone* with some great suggested activities . **Suitable for ages 16+**

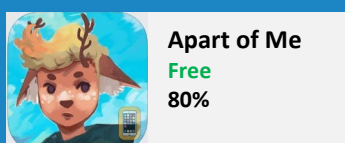


Packed full of useful information for suicide prevention. You can keep everything in one place, from a safety plan with useful phone numbers and websites, to creating a *LifeBox* with things that are important to you, and lots of tips and activities to keep you alive **Suitable for ages 12+**



This app aims to ground you and bring you back to a calm thinking state by taking you through 8 simple steps screen by screen **Suitable for ages 12+**

Help with Bereavement

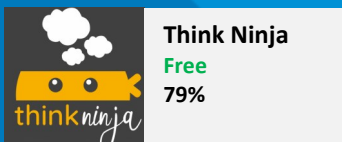


Apart of me is a therapeutic game made to help you explore, accept, understand and articulate your experience of grief and the wide range of feelings and emotions attached to it. **Suitable for ages 8+**

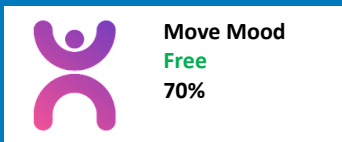
These apps can be accessed via the following link: [insert link](#)

If you need assistance you can contact [service & digital navigators?](#)

Help with Anxiety and Low Mood

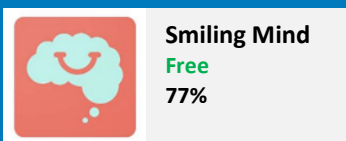


This app will help you learn and develop a range of skills when you're experiencing daily life stressors, feeling anxious or feeling low in mood. You will also be able to track and monitor your own feelings with the wise ninja. **Suitable for ages 8+**

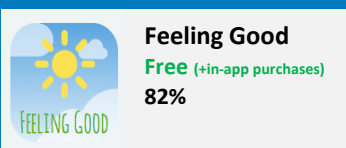


Move Mood uses the evidence-based treatment Behavioural Activation Therapy to help you improve your mood by encouraging you to increase your motivation to carry out a variety of tasks in order to help you to move forward, take control and feel positive. **Suitable for ages 12+**

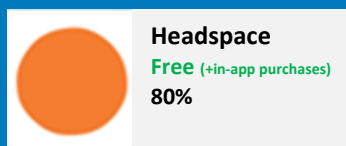
Help with Sleep, Relaxation and General Wellbeing



Practice mindfulness and learn to pay attention to the present moment with openness, curiosity and without judgement. This app takes into consideration ages and experience in mindfulness to produce tailored programmes to suit your needs. Recommended for use with the whole family. **Suitable for ages 5+**



Relax your body and mind with a series of audio tracks designed to help you build confidence, motivation, resilience and bring about a positive mindset. **Suitable for ages 12+**

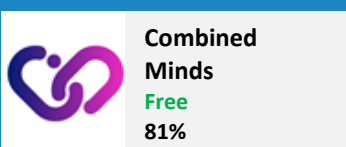


A guide for the whole family to everyday Mindfulness. The guided meditation tracks cover stress, sleep problems, productivity, exercise and more. **Suitable for ages 10+**

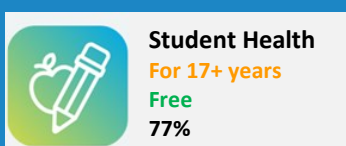


This great app provides over 40,000 free guided meditations, motivational talks and calming music tracks. It can help with anything from stress, anxiety, anger to self-esteem and sleep. **Suitable for ages 12+**

Help for Family and Friends



This app will help you to become more relaxed and more present in your daily life. It includes guided and silent meditations from 3-30 minutes focusing on a range of areas including stress release, improving sleep and positive emotions. **Suitable for ages 12+**



Provides reliable information about physical and mental health and common difficulties we might experience at the age of 17 years and upwards. Subjects include further education, bodily changes and problems and relationships. **Suitable for ages 17+**

These apps can be accessed via the following link: [insert link](#)

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