

## APPS THAT SUPPORT YOUR MENTAL HEALTH



Headspace  
Learn meditation skills to stress less and sleep better in just minutes a day



Mindshift  
For teens and young adults to cope with anxiety, worry, stress and panic



Superbetter  
Resilience training. Powered by the science of Games



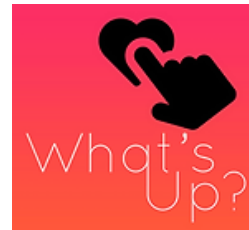
Smiling Mind  
A meditation program to bring mindfulness into your life



Calm Harm  
Provides tasks that help you resist the urges to self harm



Calm  
Meditation techniques to aid with stress and sleep.



What's Up  
For when you need help getting through those tough days



No OCD  
Helps with obsessive compulsive disorder



Self-help App for the Mind SAM  
Helps you manage anxiety, depression and loneliness



Virtual Hope Box  
Simple tools to help with coping and positive thinking.



Clear Fear  
A range of ways to manage anxiety



Combined Minds  
Helps families support children with their mental health



1 Giant Mind  
Learn to meditate in 12 steps and feel less stressed



Distract  
Discreet access to information about self-harm



eQuoo  
Adventure games to increase your emotional fitness



Worry Tree  
Manage your worries with a thought diary

**If you need support, contact your Pastoral Lead**

The Safeguarding Team at Haven High offer pupils, parents and their family resources, advice, signposting and referrals that promote children's safety, safeguarding and wellbeing.

Our aim is that all the children at Haven High have the best possible outcomes.

Please get in touch if you are worried about a child or would like more information.

Email [safe@havenhigh.net](mailto:safe@havenhigh.net) or call the Year Hub on 01205 311979