

Safe@HavenHigh

Apps That Support Your Mental Health



Headspace
Learn meditation skills to stress less and sleep restfully 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 help bring mindfulness into your life



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



Calm
Meditation techniques to aid with stress and sleep.



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



No OCD
Helps with those suffering from 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, relaxation, distraction, and positive thinking.



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



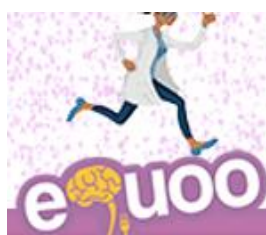
COMBINED MINDS
Combined Minds
An app developed to help families and friends support young people with their mental health



1 Giant Mind
Learn to meditate in 12 steps and feel less stressed, more calm and present.



Distract
Easy and discreet access to information and advice about self-harm and suicidal thoughts.



eQuoo
Uses adventure games to help you increase your emotional fitness



Worry Tree
Self help worry and anxiety relief. Manage your worries with a CBT thought diary

If you need support, contact the Safeguarding Team



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