**Apps for support of Children and Young People:**

Below are some useful apps for children and young people covering a range of services for healthy living, mental health and young carers.

[](https://mid-dorsetpcn.co.uk/wp-content/uploads/2023/02/Kooth.jpg)

Available on Apple and Android phones.

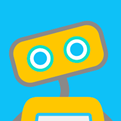
Kooth offers emotional and mental health support for children and young people aged between 11-24 years old. This is done by using the online service through chat-based messaging via drop-in or booked sessions.

Kooth.com is commissioned by the NHS, Local Authorities, charities, and businesses to provide anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, they provide end to end support whatever the need.

* Qualified counsellors are available 7 days a week
* Free app
* Anonymous site

Watch this short video for more information:  <https://www.kooth.com/video> or visit the website by clicking on the link: [Kooth for Children & Young People – Kooth plc](https://www.koothplc.com/our-products/young-people)

### Woebot: your self-care expert

[](https://mid-dorsetpcn.co.uk/wp-content/uploads/2023/02/Woebot.png)

Available on Apple and Android phones.

* Free app
* For teenagers and adults
* Free app

Woebot exchanges millions of messages every week to help users with everyday stress and anxiety, as well as symptoms of depression, relationship problems, procrastination, loneliness, grief, addiction, pain management, and more. Woebot checks in with you every day and guides you through practical techniques based on tried and tested approaches such as Cognitive Behavioural Therapy (CBT), Mindfulness, and Dialectical Behaviour Therapy (DBT).

Woebot is your very own coach who chats with you and offers insights and skills to help you grow into your best self. You can chat with Woebot as much or as little as you like, whenever you like. And as you chat, you’ll help others, too! Your experiences and conversations help to develop new treatments and resources, all while staying completely private and secure.

Watch this short video for more information: [Meet Woebot! – YouTube](https://www.youtube.com/watch?v=ZGBtQw3_Pbo)

[](https://mid-dorsetpcn.co.uk/wp-content/uploads/2023/02/Tellmi.png)

Available on Apple and Android phones.

Tellmi is a safe, free, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem.

* Designed for anyone aged 11+. Age branding means you can chat to people who are the same age you.
* Staying safe. Every post and reply is checked by moderators before they go live, so there is no bullying, grooming or harassment.
* Learn about wellbeing, mental health, sexual health, relationships, friendships and a whole lot more.
* Publish your artwork, personal stories and poetry

For more information, please click on the link to visit their website: [Tellmi](https://www.tellmi.help/)

Click on this link to watch a video about the app: [how tellmi is transforming mental health outcomes for young people, 1440p – YouTube](https://www.youtube.com/watch?v=BqcOz5UYIkg)

Feel Good Teens

[](https://mid-dorsetpcn.co.uk/wp-content/uploads/2023/02/teens.png)

Available on Apple and Android phones.

* Feeling Good Teens is a **free**app containing audios developed from the NHS-accredited adult Feeling Good app for **building mental strength**.
* For 10-15 years olds to develop self-esteem, resilience, and goal focused motivation.
* These age-appropriate relaxing audios combine relaxation, positive psychology, and Olympic Sports coaching techniques to build core non-cognitive skills, such as increasing self-confidence, and self-esteem. There is a short video to develop calm breathing too. Regular listening to the audio tracks, builds inner mental strength, in much the same way as exercise builds muscle, so listening develops skills for life.

Click on the link to watch a short video about the app: [Feeling Good Teens App – YouTube](https://www.youtube.com/watch?v=jaIFDHcZNks)

For more information, please click on the link to go to the website:

[Feeling Good Teens – Feeling Good](https://www.feelinggood.app/feeling-good-teens/)

### Young Carers Support

[](https://mid-dorsetpcn.co.uk/wp-content/uploads/2023/02/YC-Support.png)

Available on Android and Apple

The young carers support app is free and enables young carers to find useful information, self-care tips and links to support – all in one place. Benefit from using the app:

* Learn how to keep well – physically and emotionally
* Know how to get help and support when you need it
* Develop useful everyday skills
* Make better-informed choices about your health and wellbeing
* Find local information if your area has subscribed to a local page

### Wysa: Anxiety, therapy chatbox

[](https://mid-dorsetpcn.co.uk/wp-content/uploads/2023/02/wysa.png)

Available on Android and Apple - Cost: In app purchases

Used in the NHS and covered by the BBC, Wysa is trusted by 500,000 people, Wysa is an emotionally intelligent chatbot that uses AI to react to the emotions you express. Unlock tools and techniques that help you cope with challenges in a fun, conversational way. For extra support, you can benefit from a real human coach – a qualified skilled mental health professional who will take you through the advanced coaching sessions for your personal needs.

Wysa has lots of cool tools for different uses:

* Build confidence, reduce self-doubt and improve your self-esteem: core meditation and mindfulness, visualisation, confidence visualisation techniques, advanced mindfulness for self-esteem.
* Manage anger: mindfulness meditation, exercises for compassion, calming your thoughts, practice breathing
* Manage anxious thoughts and anxiety: deep breathing, techniques for observing thoughts, visualization, and tension relief.
* Tired? Get a burst of energy! Visualisation and meditation exercises to increase positivity and get blissful sleep, quick yoga and physical exercises to get active
* Dealing with worry: observe mindfulness, resolving technique, challenge negativity, practice breathing techniques
* Manage conflict at work, school or in relationships: special mindfulness and visualization techniques like empty chair exercise, gratitude meditation, exercises to build skills in having difficult conversations’

For more information, please click on the link to watch a short video click: [Wysa – YouTube](https://www.youtube.com/watch?v=jNxX8WpLl_Q)