

Here is a link to the Child and Adolescent Mental Health Service (CAMHS) website which was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

We hope that you find it helpful: <https://www.camhs-resources.co.uk/>

Here are some QR codes to link to useful apps also:

Feeling low



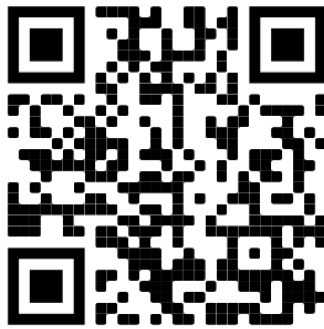
Mindfulness



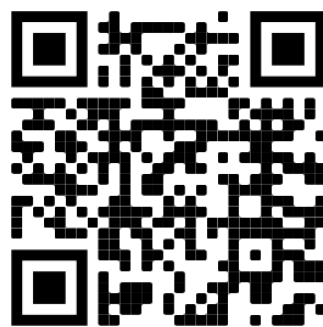
Take Time to Relax



Stress Relief and Meditation



Wellbeing and Sleep



Understanding Self Harm



Understanding Anxiety



Understanding Depression

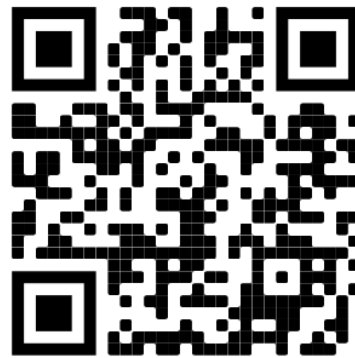


Healthy Eating and Exercise



Screen Time

An increased amount of screen time throughout the day has been linked to insomnia and symptoms of depression in adolescents. This can include social messaging, web surfing, watching TV, and gaming, in addition to using the internet for schoolwork.



Phone Apps



HEADSPACE®

