

	<p><b>Think Ninja</b> - When you open the app you'll meet Wise Ninja, your personal guide to help you learn about mental health, emotional well-being and resilience. (Ages 11-17)</p>
	<p><b>Clear Fear</b> - Did you know anxiety is fear based? Clear Fear is full of practical techniques to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. (Ages 11-19)</p>
	<p><b>MindShift CBT</b> - Covering a wide range of difficulties that teens and young adults might face, MindShift CBT helps you challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful and relax.</p>
	<p><b>Stay Alive</b> - This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. Provides area specific support.</p>
	<p><b>Grief Works - Self Love &amp; Care</b> - Online Grief Therapy for Mental Health and Well Being Support. The Grief Works app was created to help you navigate your grief after the death of a loved one, soothe your pain and build your strength over time.</p>
	<p><b>Combined Minds</b>- helps families and friends support young people with their mental health. A 'Strength-Based' approach works both ways, also helping families and friends to search for their own strengths.</p>

If you need urgent mental health support and advice:

Call NHS 111 for physical or mental health emergencies (available 24/7)

HPFT Single Point of Access (SPA) 24/7 Mental Health Helpline: call 0800 6444 101

Samaritans: call 116 123 (available 24/7)

SHOUT85258: text 'SHOUT' to 85258 (available 24/7)

Always dial 999 in an emergency or, to contact the Police in a non-emergency, use 101.

Disclaimer:

Please note these apps are recommended following a clinical review, however, HPFT do not take responsibility for the content or use of your in-app data