



Tech / Support

A brief guide to some easy to use apps for phones etc.

Many of the underscored links and names are clickable, so you can go straight to the source to install on a phone or tablet from this document.

General Apps

Evernote

A very popular [productivity app](#), and for good reason. Evernote lets you save projects, documents, notes, lists, webpages, photos, audio and more and syncs them across all your devices so you can access them anywhere. It's available for Android and iOS, on the web, and for Windows and Mac computers. *Free*

Instructables

For the teen who loves to build and invent, the app version of the popular [DIY](#) website is a must. Users can find inspiration and how-tos, share their own projects, participate in the Instructables community, and even enter contests. The Instructables app is available for [iOS](#) and [Android](#) devices. *Free*

Pandora

If your teen loves music, they're sure to love this popular online radio service. Pandora lets you stream music for free and discover new artists based on the types of music and artists you like. Pandora is [available](#) for free for most mobile devices and on the web, however if your teen doesn't have unlimited data on their device, you'll want to keep an eye on data usage when using the app away from a WiFi signal. *Free*

Sketchbook Pro



A professional-grade drawing and painting app for tablets, Sketchbook Pro is a great choice for teens who love to draw and create art. The free version includes an extensive tool set with more options available in the premium version. Users can organize their work into albums and easily backup their creations to the cloud. *Free*

Digital art by @AdeleSianArt

Magisto

Teens who like to create videos will appreciate this powerful and easy to use video editing app. Add music, stitch together footage, create photo slideshows and add music and effects easily. Find Magisto in iTunes, GooglePlay and the Amazon Appstore. *Free*

Instagram

If your child craves social media, this is a free photo-sharing app, and while there are certainly safety concerns—as there are with any social network—it's still one of the most popular apps with teens and may have more value than similar apps. The app offers a private profile option, which we would recommend to parents and teens, and the Instagram team is more proactive than others about dealing with bullying, abuse, and inappropriate content on the network.

Unlike other photo and video sharing apps, including [Snapchat](#) and [Vine](#), the Instagram community has more of an emphasis on artistic photos. It's popular with professional and amateur photographers and for teens interested in photography, the app can offer a lot of inspiration, however parents should be sure teens use the app [safely and responsibly](#). *Free*

Living an independent life:

[Brain in Hand](#) is a digital self-management support system for people who need help remembering things, making decisions, planning, or managing anxiety. It's not condition-specific, but is often used by people who are autistic, who have learning difficulties, or who are managing mental health challenges. Combining human support and digital self-management technology, Brain in Hand helps people live

more independently. The system is approved by government departments and in use throughout health, social care and higher education settings across the UK. <https://braininhand.co.uk/>

Emotional Health and Wellbeing

Mindful Gnats

An app to help young people develop mindfulness and relaxation skills. Itunes only

MindShift

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.

<https://www.anxietybc.com/resources/mindshift-app>

Mood Tracker

A website/app which lets you track moods and sleep patterns helping to manage depression, anxiety or mental health.

MoodGYM

MoodGYM is a free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore:

- Why you feel the way you do
- Changing the way you think
- Knowing what makes you upset
- Assertiveness and interpersonal skills training

Rise Up + Recover

Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image. Based on self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of times around the world.

SmilingMind

SmilingMind is modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups.

SuperBetter

SuperBetter is a free web and app-based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health - by boosting physical and emotional well-being. SuperBetter is for young people over the age of 13 who want to feel happier, healthier, and more able to reach their goals.

MINDFULNESS APPS

Voiced by actor, writer and comedian Stephen Fry, [Your Mindful Garden](#) introduces a range of mindful activities to young children in a fun and simple way, helping them learn to relax and de-stress. Your Mindful Garden is part of the free Go Explore app from CBeebies – so, be aware, the mindfulness activities sit alongside educational games and videos. It has a very safe child-friendly feel to it and kids can use the app offline. A good starting point for littlies!

Digital art by @AdeleSianArt



Aimed at ages 6 to 8 years, the free [Chill Panda](#) app is still under development by the NHS but available to use. It's a combination of mindful activities, such as breathing and colouring, and an educational game in which children complete a series of tasks to learn different ways to reduce anxiety. Might be useful for helping children to calm down at the end of the day?

Aimed at 10 to 18 year-olds, [ThinkNinja](#) is an NHS-approved app that helps tweens and teens understand mental health and emotional wellbeing issues and tools them up with some really useful coping strategies. Using CBT approaches, the WiseNinja chatbot guides the young user through different areas according to their answers to questions, exploring relevant issues and strategies along the way. It also links teens experiencing more serious issues through to sources of emergency support. ThinkNinja has been free to download during the coronavirus crisis but that may change in the future.

[Calm](#) is a general guided meditation app for adults focusing on stress, anxiety and sleep issues. If your child's issues are undermining your own mental health, Calm will help you stay in the right frame of mind to support your child. There is a monthly subscription (this definitely isn't a cheap option) but the add-on benefit of a premium subscription is that you also get Calm Kids meditations. There are guided meditations for kids/teens aged 3 to 17 years, featuring well-known characters from Disney and Thomas The Tank Engine. So good for the whole family!

[Serenity](#) is similar to Calm but at half the price. There are fewer frills and fewer meditations for children but it's been called a good budget option, especially if you are testing the water to see if meditation is for you. Good for general stress relief and sleep issues.

https://play.google.com/store/apps/details?id=uk.co.serenity.guided.meditation&hl=en_GB

Want something you can do together with your child? Check out Positive Parenting Project's free video on [self-soothe strategies for children](#) for anxious or overwhelmed children.