

CAMHS apps resources that may be helpful

Please find some great links to resources that you might find helpful during these times. Just click the links to get started. Have a look though them. I have also included CAMHS website for resources at the bottom of page whereby I have suggested underneath website resources you can download which might be helpful.

Mindfulness for your everyday life

<https://www.headspace.com/>

New MindShift™ CBT App Gives Canadians Free Anxiety Relief

<https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/>

Find Your Calm

<https://www.calm.com/>

SafeSpot

<https://safespot.org.uk/>

HappiMe

<https://www.happi-me.info/>

WorriNots

<https://www.worrinots.com/>

CAMHS website:

<https://www.camhs-resources.co.uk>

Downloadable books:

The anxious child, I gotta feeling, Children/young people with anxiety,
controlling anger NHS self help guide, keeping your cool NSPCC.