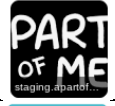


Mental Health Apps for Children and Young People

	Chill Panda Helps to introduce skills to regulate, these include breathing techniques and calming games.
	Breath, Think, Do Is great for younger children. It is a basic introduction to mindfulness and meditation.
	Headspace Offers guided meditations and mindfulness exercises specifically designed for children
	Smiling Mind Mindfulness and meditation
	Stop, Breath, Think This app helps children identify and manage their emotions through mindfulness techniques and calming activities
	Worry Tree Based on cognitive behavioural therapy, this app teaches children how to identify and manage worries
	Part of me Helps children to deal with grief
	Positive Penguins Resilience building app

These are just a few of the many great mental health apps available for children in the UK. When choosing an app, it's important to consider your child's age, interests, and specific needs.

It's also important to remember that apps should be used as a supplement to professional help, not a replacement for it. If you're concerned about your child's mental health, it's always best to talk to a doctor or therapist.