

# Apps & websites for promoting mental wellbeing in young people aged 12–18 years

Last updated: Mar 2017

App



Website



App & web-based



## Ginsberg

An activity & mood diary by the Scottish Government. Only included here as it is recommended elsewhere but appears to be no longer supported.

URL:  
[www.ginsberg.io](http://www.ginsberg.io)

## In Hand

A tool to 'bring back the balance' in a moment of stress or low mood.

Provider:  
Red Ninja

URL:  
[www.inhand.org.uk](http://www.inhand.org.uk)

## SafeSpot

A tool to create a list of coping skills. Includes relaxation audio clips.

Provider:  
SafeSpot

URL:  
[safespot.org.uk](http://safespot.org.uk)

## Childline

Information on a range of topics. Includes support from counsellors.

Provider:  
NSPCC

URL:  
[www.childline.org.uk](http://www.childline.org.uk)

## ReachOut.com

Information, advice & support for 'tough times'. Includes a directory of apps.

Provider:  
ReachOut

URL:  
[au.reachout.com](http://au.reachout.com)

## The Mix

For young people aged 13+ yrs

Information on a range of topics. Includes support from advisors.

Provider:  
The Mix

URL:  
[www.themix.org.uk](http://www.themix.org.uk)

## YoungMinds

Information & advice on mental health, including medication.

Provider:  
YoungMinds

URL:  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

## Young Scot

Information on a range of topics. Includes a directory of local services.

Provider:  
Young Scot

URL:  
[young.scot](http://young.scot)

## Headspace

Free 'Take 10' programme. Full version is paid for.

Mindfulness exercises. Includes a progress tracker & buddy system.

Provider:  
Headspace

URL:  
[www.headspace.com](http://www.headspace.com)

## Smiling Mind

Mindfulness exercises. Specific programmes for 12–15 & 16–22 yrs.

Provider:  
Smiling Mind

URL:  
[smilingmind.com.au](http://smilingmind.com.au)

## Stressheads

Game to understand types of stress.

Provider:  
The Mix

URL:  
[www.themix.org.uk/apps-and-tools/stressheads](http://www.themix.org.uk/apps-and-tools/stressheads)