



# Mental Health Support Apps

Name of App	Focus	Available on	Paid/ Free space
Headspace 	Relaxation, less stress, mindfulness	App store Google Play	Paid - Free trail
The Zones of Regulation 	Games that relate to our emotions, through a colour coded system.	App Store Google Play	Paid
Children's sleep meditations 	Help stop the worries during night times.	App Store Google Play	Free - in App purchases
Mindful Powers 	Techniques of Mindfulness for children between 7 - 10 years of age	App Store Google play	Free
Calm 	Meditation, sleep, reduce stress, anxiety	App store Google Play	Free - in app purchases.
Smiling Mind 	Pressure, stress and challenges of daily life	App store Google Play	Free
Breathe, Think, Do with Sesame 	Helps young children deal with frustrating situations. Perfect for children between 2 -5 years old	App store Google Play	