

Sherburn High School

Helping our Wellbeing: Update 2



Update 2

We have been overwhelmingly impressed with the work students have been completing at home. Keep up the great work!

Wellbeing Apps and Support

Compass Buzz have provided us with a list of wellbeing apps that can help people with anxiety, stress and general wellbeing that may be worth exploring as a family.

Details are provided about what each app is designed to do and if there is a cost involved, although most are free.

On the second page are a list of services that can help young people access further support as needed.

The full document can be found on our Wellbeing page

[Mental Health Support App](#)

Our featured support this week is "Kooth", an online support for young people that allows young people to support one another and get help from councillors.

There's a great video on the homepage of their website to find out more about the app and what it aims to do.

They also suggest a personal journal; which will allow individuals to track their mood during this uncertain time and acknowledge when things have gone well and not so well, allowing them to find the right support.

Compass Buzz Wellbeing Apps

Daylio is a free private journal app, without the need to type! Choose from emojis to represent your mood and activities you have been doing. Over time you can notice patterns and understand your habits better.

Headspace is a free app offering guided meditations, mindfulness, sleep advice, animations, articles and videos. Some of the content is only available to paid subscribers.

Calm Harm is a free app designed to help people resist or manage the urge to self-harm. It has the option of being private and password protected. Using the app you can track your progress and notice change.

Calm is a free app for meditation and sleep, including guided meditations, mindfulness, sleep stories, breathing programs, masterclasses and relaxing music. Some content is only available through an optional paid subscription.

MindShift is a free, scientifically based anxiety tool based on cognitive behavioural therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take change of anxiety.

Clear Fear is a free app providing ways to manage worry and anxiety. It uses a cognitive behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful resources and a grit box to boost resilience. It is recommended for the ages of 11-19 years.

Want someone to understand or advice to help a friend?
We're here for you.
[JOIN KOOTH](#) [WATCH VIDEO](#)

Need to talk?
We're online now to help until 10pm
[CHAT TO US NOW](#)

On Kooth you can

- [Chat to our friendly counsellors](#)
- [Read articles written by young people](#)
- [Get support from the Kooth community](#)
- [Write in a daily journal](#)

What's happening on Kooth

- Rest and Relaxation Live**
Forum 68: 7/2/20 - Anger Awareness Week (Anger Management)
Hello and welcome to another amazing Wednesday night live
[Read more](#)
- Choosing Family**
Everyone knows you can't choose who you are born to. Otherwise we'd all end up as billionaires, right? You can't help who your family is, but you can help who you are.
[Read more](#)
- Pushing People Away...**
We all have really bad days or weeks or months and years in some cases. I suffer with panic attacks and a few other disorders and I have bad times.
[Read more](#)
- Good Distraction Techniques and Coping Methods**
So we all get those feelings and those thoughts? Well I get them regularly. Whilst seeking...
[Read more](#)

What users are saying about Kooth

It means a lot to know Kooth is there even if others can't be.

Information about us

Kooth is a provider of online mental health services for children, young people and adults. Kooth, from Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

For more information about Kooth, please visit [KOOTHSITE.COM](#). If you're a parent looking for more information about Kooth, please email [parenting@kooth.com](#)

young people friendly

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Meet the Team

Confidentiality

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