



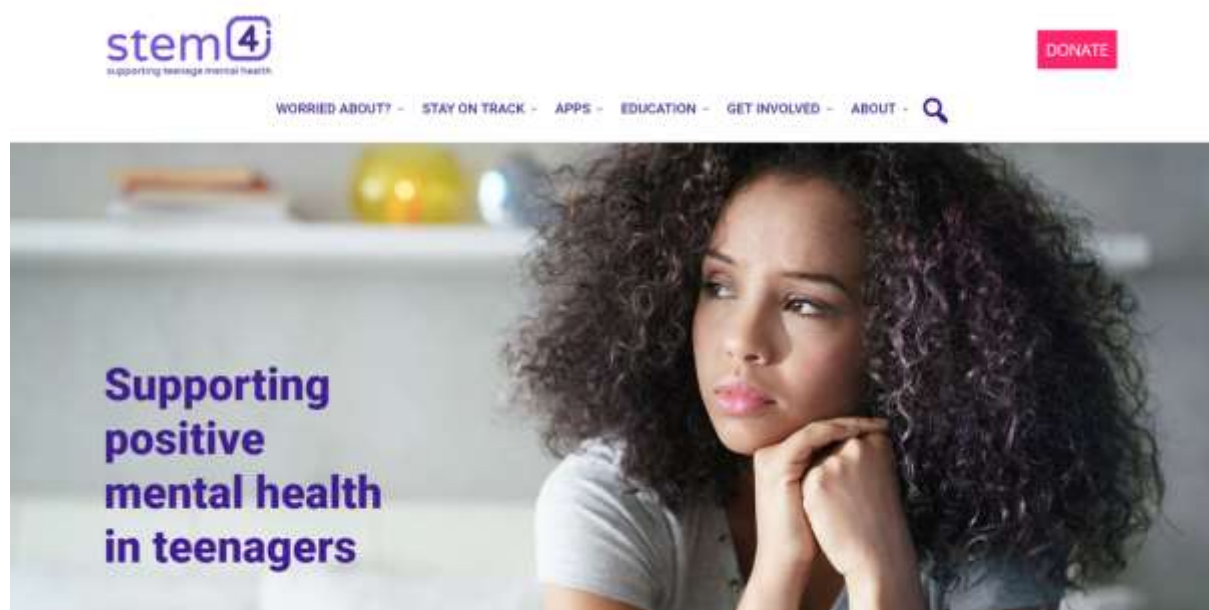
# CHRIST THE KING SIXTH FORMS



<https://www.childrensmentalhealthweek.org.uk>

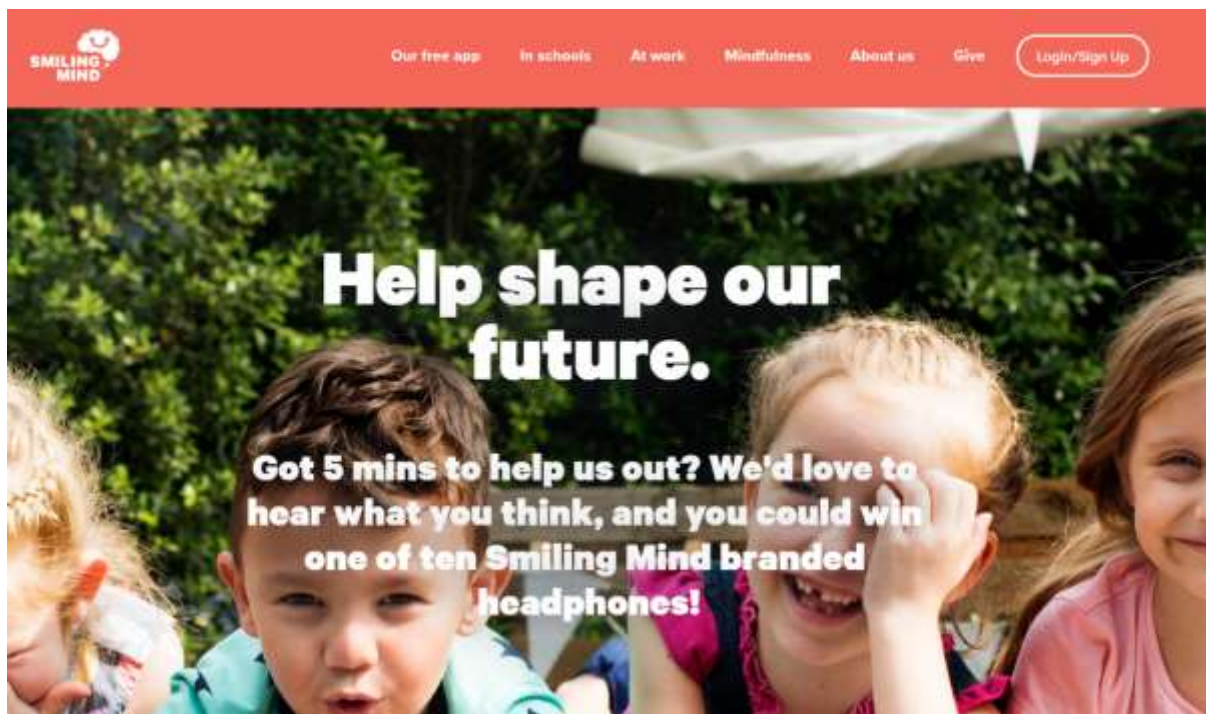
Mental-health apps and online support sites, set up and run by qualified and experienced mental health professionals, can offer both support and counselling as well as helping to pro-actively look after one's own mental health; cope with difficult emotions; and learn to develop healthy habits around mental wellbeing.

Here are a few out there to consider.



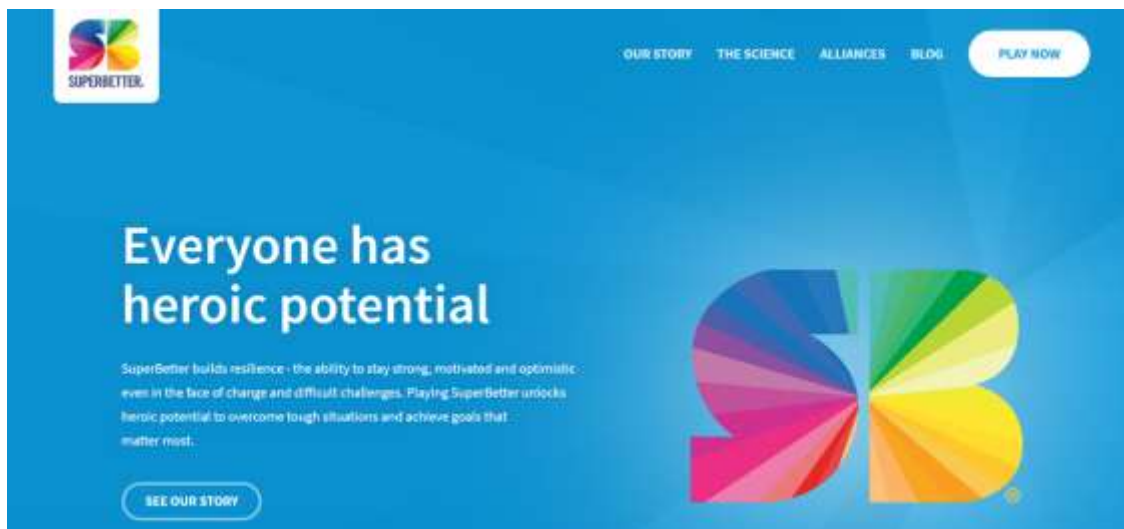
Stem4 is a charity that aims at improving teenage mental health by 'stemming commonly occurring mental health issues at an early stage'. By raising awareness, sharing information on how to recognise the early warning signs and by providing effective coping strategies for friends, families, schools and teens themselves, the aim is to stop mental-health issues progressing. It has developed two handy apps: *Calm Fear* (anxiety) and *Calm Harm* (self-harm), that give teens the tools to work through specific issues online, as well as a range of 'Head Ed' videos to educate on a range of common mental health concerns for young adults.

<https://stem4.org.uk/story/#>



For younger children and teens, SmilingMind is a modern meditation app suitable for those aged seven years and upwards. There are tailored programmes for different age groups and it acts as a preventative, daily practice to allow youngsters the time and space to de-stress and find balance. It is an Australian introduction to Mindfulness.

<https://www.smilingmind.com.au/smiling-mind-app>



SuperBetter is a great resource for gamers. Created by game designers, playing the web and app-based programme actually helps build personal resilience; motivation and optimism in the face of difficult challenges. Mimicking the quests (daily life), obstacles (disappointments/set-backs), allies (friends) and power-ups (inner strength) that we find in real life, it helps build resilience, which has been proven to be key in boosting both physical and emotional wellbeing.

[https://www.superbetter.com/how\\_it\\_works](https://www.superbetter.com/how_it_works)

This week's theme is **Express Yourself**.

**Expressing yourself** is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

LRC Team