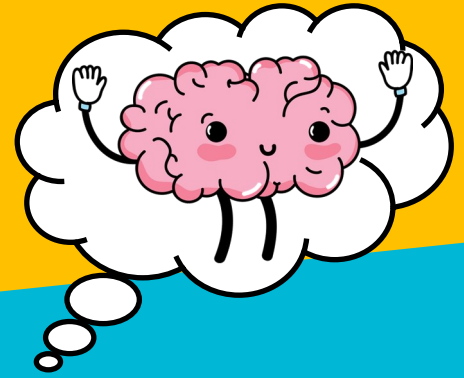


SUPPORT WITH

Mental & Emotional Health



Happier (Free to use) This App is only available on the Apple Store for iOS devices.)

Happier helps you stay more present and positive throughout the day. Its Apple Watch app is like your personal mindfulness coach – use it to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day. Share how you feel using our Apple Watch and we'll help you lift your mood with inspiring quotes, clear your mind with a positive meditation break, or easily capture and share something positive using just your voice.



Smart Recipes (Free to use)

The FREE Smart Recipe app from Change4Life is an easy way of helping you prepare tasty, healthier meals the whole family will love.

We all love tasty food but it's not always easy to cook for the family if you're short on time and the kids are picky.

Remembering ingredients and keeping track of portion sizes can be a hassle. But don't worry; our Meal Mixer will take care of that for you.



Stay Alive (Free to use)

This app is a pocket resource for staying alive, packed full of useful information to help you stay safe. You can use it if you are having thoughts of harming yourself or if you are concerned about someone else who may be considering doing so.



MindShift (Free to use)

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life.

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. It uses tools such to tackle

- Test Anxiety
- Perfectionism
- Social Anxiety
- Performance Anxiety
- Worry
- Panic
- Conflict



MAIDEN ERLEGH
SCHOOL IN READING

Access to further support

<https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/>