

Teenagers helping teens to use Mental Health Apps!

The Digital Healthy Schools programme is about recognising the power teens hold and the difference they can make - and that begins with themselves.

For teens who struggle with their mental health, this has been an incredibly difficult year and a half, and learning to safeguard your own mental health is vital to your wellbeing. Whether or not you struggle with your mental health, learning to look after it is vital to a happy, healthy, confident and successful life. We have created the Digital Healthy Schools programme to empower young people in taking control over your health and wellbeing.

The apps chosen have been vetted by ORCHA and chosen by a group of teenagers at project Clear Mind

Teenagers helping teens to use Mental Health Apps!

Top rated apps - DOWNLOAD ONE TODAY



WYSA

Struggling with exam stress, lock down or general stress? Try this app today!

[Download NOW](#)



Apart of Me

If you have recently lost a loved one- this app is for you.

[Download NOW](#)



3. MeeToo - Helping you to connect with other Teens with similar mental health issues in a SAFE place.

[Download NOW](#)



4. Brain in Hand - Helps you get organised and live an independent lifestyle.

[Download NOW](#)



5. Eating Disorder Management. -This can help you log your progress on your road to recovery

[Download NOW](#)

FOR TEENS STRUGGLING WITH MENTAL HEALTH THIS HAS BEEN AN INCREDIBLY DIFFICULT YEAR AND HALF AND LEARNING TO SAFEGUARD OUR OWN MENTAL HEALTH IS VITAL TO OUR WELLBEING.

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Digital Healthy
Schools

STRUGGLING WITH EXAM STRESS, LOCK DOWN OR GENERAL STRESS? TRY
THIS APP TODAY!

Wysa: Stress, Depression & Anxiety Therapy Chatbot

Developer: Touchkin

Platforms: Apple IOS | Android

Cost: In-app purchases | All students get premium free

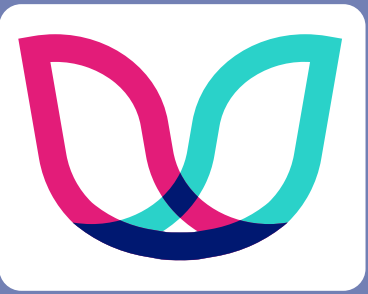
ORCHA score: 85%



Wysa is an AI chatbot that uses cognitive behavioural techniques to ensure that patients feel heard. The app's conversational coaching tools are powered by the AI bot to allow users to express their feelings confidently and anonymously. These tools help users to cultivate confidence, reduce anxiety and improve general wellbeing. The chatbot responds by suggesting resources and offering encouragement without feeling like you are talking to a computer.

<https://crosshill-bwd.digitalhealthyschools.co.uk/defaultsearch/?search=wysa>

IF YOU HAVE RECENTLY LOST A LOVED ONE- THIS APP IS FOR YOU.



Apart of me

Developer: Adam Elliot

Platforms: Apple IOS | Android

Cost: Entirely free

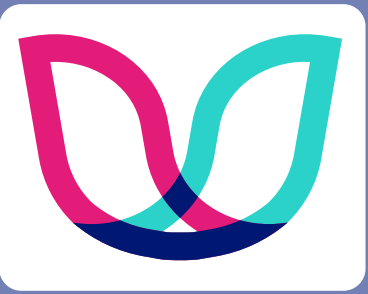
ORCHA score: 80%



Apart of Me is a game app that is described as “A beautiful world, built to guide you through your darkest moments.”. It is designed to help younger audiences cope with grief, anticipatory grief and loss. It includes interactive features such as journals that share real life experiences of other teenagers that have been through grief and loss, and they share their own personal methods they use to cope during their difficult times.

<https://crosshill-bwd.digitalhealthyschools.co.uk/defaultsearch/?search=apart%20of%20me>

HELPING YOU TO CONNECT WITH OTHER TEENS WITH SIMILAR MENTAL HEALTH ISSUES IN A SAFE PLACE



Mee too

Developer: Mee two education ltd

Platforms: Apple iOS | Google | Android

Cost: Free

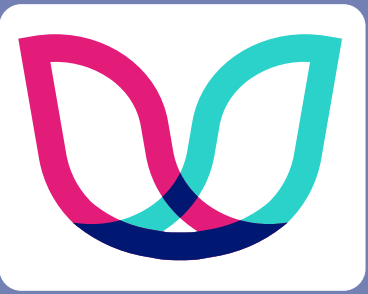
ORCHA score: 81%



MeeToo is an app that allows users to share their struggles and receive advice from other users. It is aimed at anyone who is above the age of eleven and creates an accessible and comforting atmosphere for users going through a variety of issues. The app has a social media-like layout which the majority of teenagers will be very familiar with, making it more appealing and engaging. MeeToo has an age band feature that connects app users to others of a similar age in hope that they're going through similar experiences and can therefore help each other more effectively. Overall, the MeeToo app has a warm, community feel whilst staying effective and helpful.

<https://crosshill-bwd.digitalhealthyschools.co.uk/defaultsearch/?search=mee%20too>

HELPS YOU GET ORGANISED AND LIVE AN INDEPENDENT LIFESTYLE



Brain in hand

Developer: Brain in hand

Platforms: IOS | Android | Web

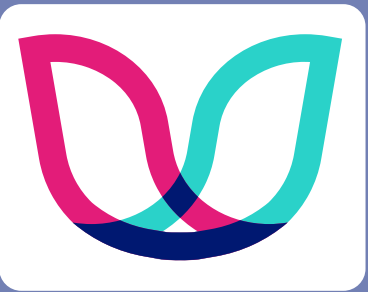
Cost: Subscription

ORCHA score: 88%



Brain in hand is a non-condition-specific app that helps provide structure to people's lives who need help remembering things, making decisions, planning, or managing anxiety. It is mostly used by people who are autistic, have learning difficulties or who are battling mental health challenges. It combines digital self-management technology with human support to help people live a more independent lifestyle. The app is completely personalised on a secure web page and is also accessible on mobile devices so patients can use it as necessary. It also provides one to one support with a qualified specialist to help the patient reach goals, identify strengths and overcome problems.

<https://crosshill-bwd.digitalhealthyschools.co.uk/defaultsearch/?search=brain%20in%20hand>



RR eating disorder management

Developer: Recovery Record

Platforms: IOS | Android

Cost: Entirely free

ORCHA Score: 82%



RR eating disorder management is voted as the best app on the app store for helping and managing eating disorders by trained professionals. It allows users to input a log of feelings and meals which the app then determines the best course of action for you to take and helps you try and control your feelings. There is also a feature in which you can gain easy access to healthcare professionals if you are really struggling and want a more in-depth personal conversation and advice. The app keeps track and logs your meals and feelings from previous days so therefore you can see how you have progressed over time.

<https://crosshill-bwd.digitalhealthyschools.co.uk/defaultsearch/?search=rr%20eating%20disorder%20management>