

Mental health websites and apps:

It is very important to look after your mental health. Please find below a list of websites and free apps for you and your family to explore:

Joe Wicks Live: 30 minute PE lesson 9am every morning:

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Go Noodle: 100s of free active videos and activities:

<https://www.gonoodle.com/for-families/>

Every Mind Matters:

https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&qclid=EAIaIQobChMIrciFr8qw6AIVGIIfVCh1n9ADrEAAYASAAEgJ_VfD_BwE

NHS Mental Health Services:

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/>

SANE: send a text, save a life:

http://www.sane.org.uk/what_we_do/support/?qclid=EAIaIQobChMI69HxpMyw6AIVgoXVCh3ZzQAmEAAYAiAAEgICafD_BwE

Free Apps



Breathe, Think, Do with Sesame



Smiling Mind

SLEEP Sleep Meditations for Kids

Use apps such as FaceTime and WhatsApp video caller to have face-to-face conversations with the family and friends.