

Helpful Apps & Websites

Always There –free- from Kids Help Phone

This app offers a place you can log your feelings, read stress-busting tips and quotes, learn information about emotional health and relationships, LiveChat or connect by phone with a Kids Help Phone counsellor, or find local resources. You can also set up a password for this app, so no one can access it without your permission.



The Always There app is available for iPhone, Android or Blackberry at the App Store, Google Play and Blackberry App World. Please visit their website for more information: <http://www.kidshelpphone.ca/Teens/PhoneUs/AlwaysThere.aspx>

Virtual Hope Box -free-

- *Remind Me* – a section to keep cherished photos and videos of loved ones
- *Inspire Me* – a collection of positive quotes you can add to
- *Distract Me* – a bunch of puzzles, word searches and other games
- *Relax Me* – an assortment of guided meditations to use
- *Coping Tools* – an area where you can create coping cards and plan positive activities

The free mobile Virtual Hope Box app is available for Android and iOS devices at the App Store, Google Play, and Amazon for Kindle Fire.



Booster Buddy –free-



This app was designed to help teens and young adults improve their mental health. You can manage your personal wellness and earn achievements as your “buddy” guides you through a series of daily quests designed to help you establish and sustain positive habits.

The Booster Buddy app is available for Android and iOS devices at the App Store and Google Play. Please visit their website for more information: <http://www.viha.ca/boosterbuddy>

www.kidshelpphone.ca

-for kids or teens to learn and/or seek help

www.mindcheck.ca

-helps teens to identify and understand mental distress

www.teenshealth.org/teen/your_mind

-information/help with relationships, body image, emotions

www.youth.anxietybc.com

-help understanding and managing anxiety for teens

www.playinpeel.org

-search for recreation, arts, culture and library activities in Peel

www.inURhead.ca

-Peel-specific mental health help for youths/parents

www.psychosissucks.ca

-help to identify and understand psychosis

www.mindyourmind.ca

-enables youth 14-24 to find support

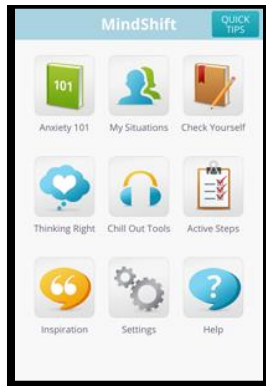
www.netsmartz.org

-age-appropriate info about being safe online

www.connexontario.ca

-links to local resources for help with substance use, gambling and/or mental health

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Mindshift -free-

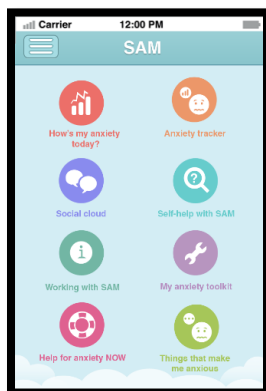
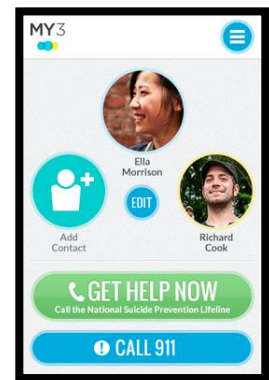
This app was created to enable teens and young adults to better cope with their anxiety. It offers important information about anxiety and help with using coping strategies, relaxation techniques and more helpful ways of thinking. Mindshift also offers more specific help with: test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic and conflict.

The Mindshift app is available for Android and iOS devices at the App Store and Google Play. Please visit their website for more information: <http://www.anxietybc.com/mobile-app>

MY3 -free-

This app allows you to add the contact information of 3 people you could rely on for support in the event of a crisis. It also enables you to easily develop a safety plan that can be emailed straight from the app to those in your support system so they are aware of your needs. Most of the outside resources that link from the app are American and so are not useful in Canada, but it does have a button to directly dial 911 if needed.

The MY3 app is available for Android and iOS devices at the App Store and Google Play. Please visit their website for more information: <http://www.my3app.org/>



Self-help Anxiety Management (SAM) -free-

SAM can help you to identify causes of your anxiety and your anxious thoughts, to track your anxiety and behaviour over time and to learn to manage your anxiety using coping and self-help strategies.

The SAM app is available for Android and iOS devices at the App Store and Google Play. Please visit their website for more information: <http://sam-app.org.uk/>

Be Safe -free-

This app was created to help youth make good decisions while in crisis. It offers a place to make a thorough safety plan which includes relevant personal information, medical information and a plan to help you cope and keep yourself and others safe. The app also provides information about local resources in the London, ON area but does not have links to Peel or Dufferin resources. You can also print a paper copy of the safety plan from their website to carry with you.

The Be Safe app is available to for Android and iOS devices at the App Store and Google Play. Please visit their website for more information: <http://www.mindyourmind.ca/interactives/be-safe>

