



Mee Two— Safe and secure forum for teenagers to discuss various topics



My Possible Self—Learn to manage fear, anxiety and stress



ThinkNinja - Learn how to manage your mental health



WorryTree—Notice, record and manage worries using CBT



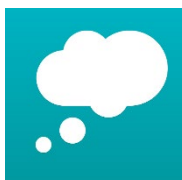
Shout - 24/7 Support



Chill Panda - Helps with relaxation



Student Health App – Reduce worries and feel more confident



Catch it – Learn to manage problems and negative thoughts



CALM HARM Calm Harm – Reduce self harm