

Breathe2Relax Phone app iTunes & Google Play		Breathe2Relax is a hands-on diaphragmatic breathing exercise tool.
--	---	--

Websites

ReachOut Australia 	Not a UK website but a great resource
Young Minds 	A great resource covering most mental health issues
Self harm UK 	Dedicated to young people who self harm. For young people at the beginning for their recovery journey.

YouTube Channels

WatchWellCast 	YouTube videos. An excellent resource. Short videos developed in a way that are accessible to young people
--	--