

DIGITAL RESOURCES FOR CHILDRENS MENTAL HEALTH-NEWHAM*

Digital mental wellbeing support for Londoners

Good Thinking
good-thinking.uk

Eating Disorders early intervention resources

Be Body Positive
bebodypositive.org.uk

Mobile game App for (mild to moderate) anxiety in children ages 7-12

Lumi Nova
luminova.app/elft

Online courses for parents, carers, grandparents and teens
Nurturing emotional health and wellbeing

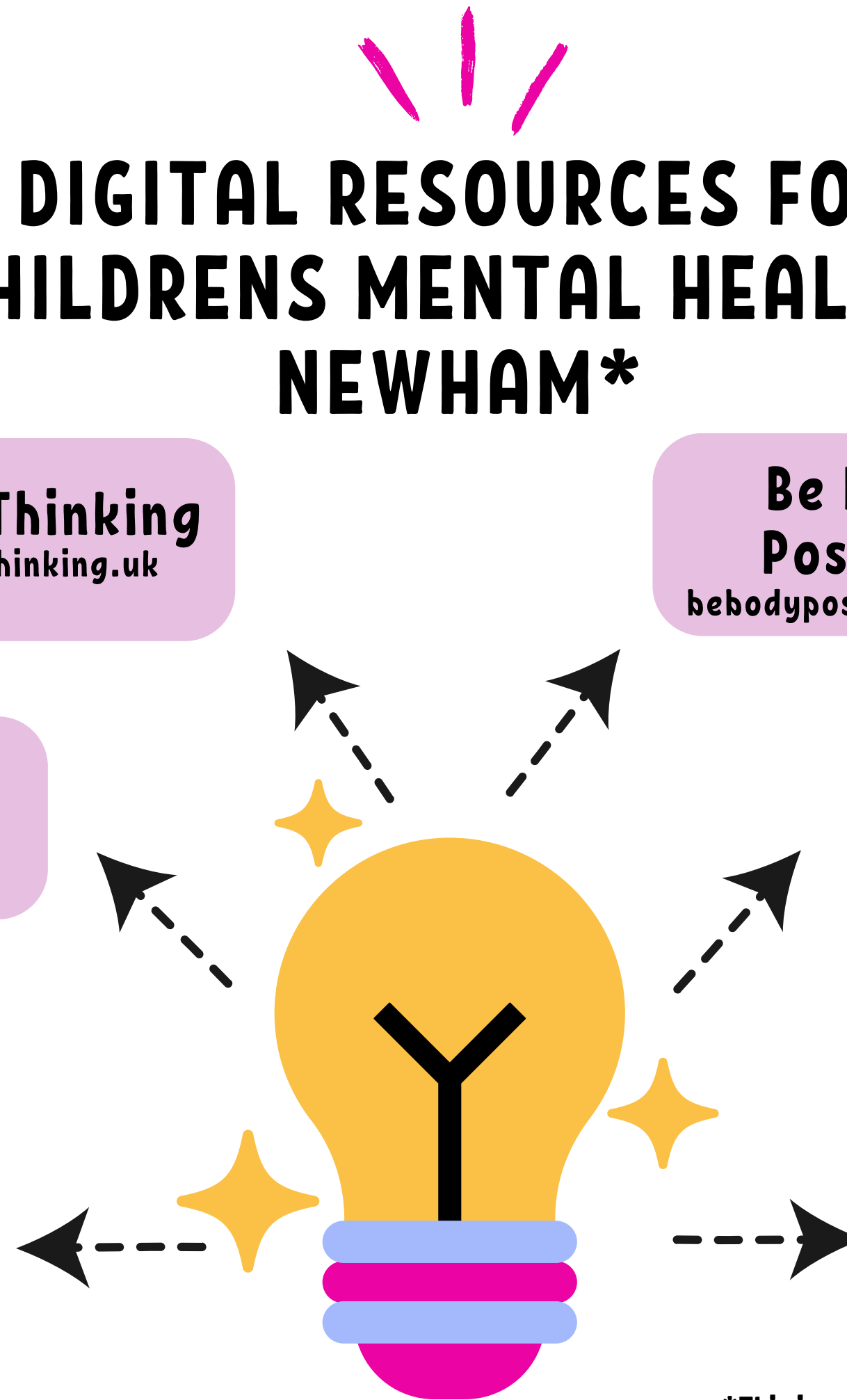
inourplace
inourplace.co.uk/newham

Anonymous counselling for ages 10-18 (live-chat and messages)

Kooth
kooth.com

Free NHS approved Apps for <18s

Apps
www.good-thinking.uk/free-apps-for/apps-young-people



*This is a curated selection, not intended to be a comprehensive list. For more resources visit the Well Newham Directory: <https://www.wellnewham.org.uk>