



Mental Health
Research for
Innovation
Centre



Mersey Care
NHS Foundation Trust

An illustration showing a man with glasses and a woman hugging, with a young girl standing next to them. A woman in a purple suit is holding a smartphone.

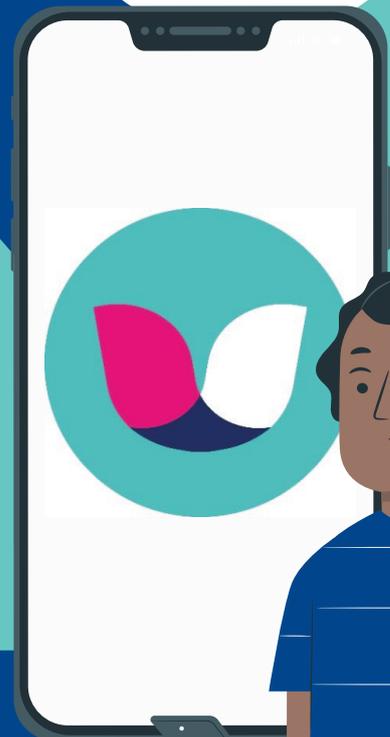
Mental health
apps for children,
young people
and families

Are you feeling stressed, anxious or low?

Explore our online library of safe, approved apps covering anxiety, low mood, sleep, eating disorders, support for neurodivergence and more.

A white speech bubble with a blue border containing text.

Mental health
apps can help,
but which one
should you
choose?



Scan the QR code to
find out more