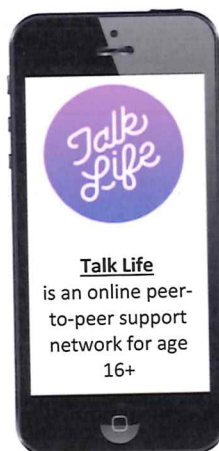


What free mobile apps can I use to support myself / my child?



These can be downloaded from the App store (iPhone) or Play store (Android)



Websites that include lots of helpful resources:

- <https://www.camhs-resources.co.uk/>
- <https://charliewaller.org/what-we-do-for-parents/>
- <https://www.happymaps.co.uk/>
- <https://kr.afcinfo.org.uk/pages/community-information/information-and-advice/emotional-health-service/ithrive/getting-advice-and-signposting>