



**Childline** have two excellent apps called

**'For me'** and **'Calmzone'** that are free to download where children and young people can access online counselling support, message boards and a 'locker' where they can save creative stuff they have designed when they are feeling down or upset.

The links are:-

CALM ZONE - <https://www.childline.org.uk/toolbox/calm-zone/>

FOR ME - <https://www.childline.org.uk/toolbox/for-me/>