



Health and
Social Care

Thank you for chatting with us today.

To find the apps we talked about,
use the link or scan the QR code below:

Our Generation

Coggi

Kooth



Worth Warrior

Sorted

Ollee

Feeling Good Teens

<https://apps4healthcareni.hscni.net/en-GB/helping-you-thrive-in-secondary-school>

We want you to start secondary school feeling strong and ready! The apps we have recommended are like personal guides to help you stay focused, manage your mood, build confidence, and enjoy each day feeling in control and supported.

School Nursing Service



Public Health
Agency

www.publichealth.hscni.net