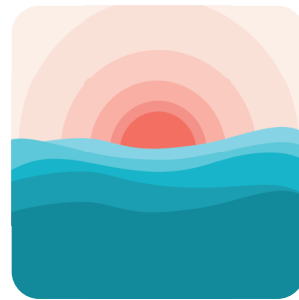


# SAFE PLACE



Save the Children



## SAFE PLACE

An app for children and young people who feel worried, scared or sad. Maybe you've experienced something that feels scary or stressful.

## WHAT IS SAFE PLACE?

The app contains different exercises which can feel calming or distracting here and now. You will also find a learning section focusing on thoughts, feelings and common reactions when something bad has happened. Safe Place is anonymous and developed by psychologists at Save the Children Sweden.

## HOW DOES SAFE PLACE WORK?

The exercises are designed to reduce worry and stress. Safe Place can help you feel better when thoughts or feelings become too much, when you are tense and stressed or have difficulty sleeping. In the app, you can also send love and support to others who use the app.



Download the app for free

