



# SAFE PLACE



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AN APP FOR CHILDREN AND YOUNG  
PEOPLE FEELING STRESS OR WORRY  
AFTER A DIFFICULT EXPERIENCE.

# SAFE PLACE IS THE APP FOR YOU IF YOU FEEL STRESSED OR WORRIED AFTER GOING THROUGH A DIFFICULT EXPERIENCE.

The app includes simple exercises, information and interaction. It can help you to feel better when you have disturbing thoughts or emotions, feel tense and worried, or have trouble sleeping.

Safe Place is free, anonymous and developed by psychologists at Save the Children Sweden.

Read more about Safe Place and download it at [www.rb.se/safeplace](http://www.rb.se/safeplace)



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