

Useful Websites, Apps & Numbers



Mind

Website: www.mind.org.uk

Info: The national Mind charity website has a lot of detailed information about mental health and wellbeing. Information varies from descriptions of different mental health conditions to stories from everyday people about how they cope with their mental health. It aims to help and support everyone to learn and understand all aspects of mental health, so people don't feel so alone.

Young Minds

Website: www.youngminds.org.uk

Info: A UK based charity (separate to Mind) focussed on improving the lives of young people through better mental health support. The website is young-person friendly and contains information about different signs/symptoms young people could experience along with advice/guidance on how to manage difficulties such as bullying, exam-stress, grief, eating problems and self harm. There is a parental support section of the website as well as information on medication for young people with mental health difficulties.

Phone: 0800 802 5544 (Parents Helpline) / 8258 (Crisis messaging service via text)

The Mix

Website: www.themix.org.uk

Info: A website for the under 25s, sharing information about a variety of topics that impact young people. Their 'mental health' section contains informative articles and discussions about topics such as "what to expect from counselling" and "Social media makes me feel bad about my body". They have a live 1-1 professional chat service, crisis messaging and free online counselling services for young people aged 10-18 or free telephone counselling to those 25 and under.

Phone: 0800 808 4994 / text 'THEMIX' to 85258 (Crisis messaging service)

Childline

Website: www.childline.org.uk

Info: A website containing a lot of useful information and advice about topics such as bullying, friendships, relationships, home life etc. The site also has a 'toolbox' section full of different resources for behaviour and mental health. The site also contains a lot of accessible support for deaf children.

Phone: 0800 1111 (Young people can call to talk about anything worrying them)

Healthy Young Minds

Website: [www.https://healthyyoungmindspennine.nhs.uk/](https://healthyyoungmindspennine.nhs.uk/)

Info: Your local NHS children's mental health service website (formally known as CAMHS). Website contains information about their services, self-help advice, where to find help locally and crisis information.



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Samaritans

Website: www.samaritans.org

Info: The website contains a small amount of information about how to have difficult conversations and signs you may not be coping. The website is aimed at providing 1:1 support via phone/email/messaging

Phone: 116 123

Email: jo@samaritans.org

Letter: Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING FK8 2SA

In person: Find a branch @ www.samaritans.org/branches

Papyrus

Website: www.papyrus-uk.org

Info: A national charity dedicated to preventing young suicide (under the age of 35). The website contains help and advice for people thinking about suicide, and those who are concerned that someone else may be suicidal. It also has a resources page containing safety plans, coping strategies, distraction techniques and recommended apps.

Phone: 0800 058 4141 / 07850 039 967

Email: pat@papyrus-uk.org

Kooth.com

Website: www.kooth.com

Info: Free, safe and anonymous online counselling and support for young people. Mon-Fri 12pm-10pm, Sat-Sun 6pm-10pm. Sign up anonymously, all that is required is a post code and log-in information.

Apps:

Calm Harm—to support those who feel the urge to self harm

Stay Alive—Suicide prevention app, helping users stay safe

MindShift—to support teens and young people manage anxiety symptoms

Catch It—A mood-recording app. Great to recognise/understand triggers

Moodtrack—Another mood-recording app. Using graphs/visual aids.

Daylio—Mood-recording app with diary function that requires no typing/writing

BBC Own it—App designed to help children stay safe and positive online

Headspace—Mindfulness app

Smiling Mind—Meditation/breathing exercises app

Chill Panda—Encourages use of breathing techniques to worry less (iphone only)

Silvercloud—8 week course to help manage stress/anxiety/depression (16+)

MeeTwo—Forum for teens to discuss issues with professionals/other teens

Google: Every Mind Matters NHS—expert advice and practical tips

