



Helpful resources to manage and support your mental health

NHS Every Mind Matters

This website offers a range of mental health advice as well as an interactive quiz, designed to help you feel more in control of your emotional wellbeing.

Visit www.nhs.uk/oneyou/every-mind-matters

ChildLine

ChildLine's website has a variety of helpful videos, games and articles, with messages boards where young people are encouraged to share experiences and support each other in a positive way.

Call for free 0800 1111 (9am – midnight daily) or visit www.childline.org.uk

The Mix

If you're under 25 then you can talk to The Mix for free on the phone, by email or on their web chat. You can use their phone counselling service, or get more support and information on their website.

Call for free 0808 808 4994 (4pm - 11pm daily) or visit www.themix.org.uk

Kooth

Kooth is an online counselling platform, and if you're aged 11-18 then you can use it on your mobile, tablet or computer for free.

Just sign up on their website and you can speak to one of their online counsellors. There are loads of other resources such as discussion boards and articles written by other young people. Visit www.kooth.com

Papyrus

Papyrus is a mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. Visit www.papyrus.org.uk

Call for free 0800 068 4141 (10am-10pm Monday – Friday, 2pm-10pm Saturday & Sunday) / Text 07860 039 967 / Email pat@papyrus-uk.org

YoungMinds

YoungMinds is mental health charity that gives support to young people. They also provide advice for parents/carers. Visit www.youngminds.org.uk for more information.

If you are experiencing a mental health crisis you can text the YoungMinds Crisis Messenger for 24/7 support. Text **YM** to 85258

For the Parents Helpline call 0808 802 5544 (Monday-Friday 9:30am – 4pm)

Stem4

A charity supporting teenage mental health, providing information on mental health, mental health apps and education.

Visit www.stem4.org.uk

Why not try these mobile apps?

Calm Harm:

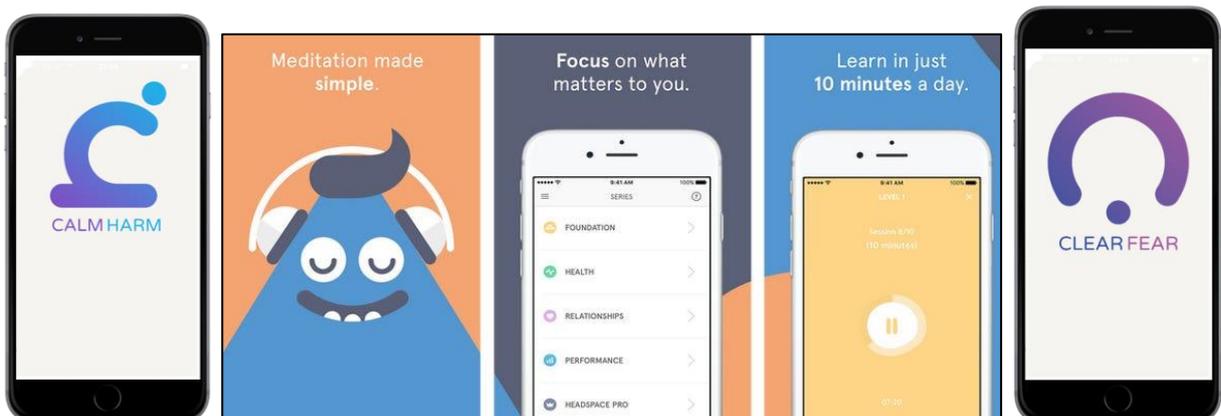
- Free to download for Apple and Android
- Calm Harm provides you with tasks to help you resist or manage the urge to self-harm
- Set a password so it's completely private, and you can personalise it so it's just for you.

Clear Fear:

- Free to download for Apple and Android
- Help you manage symptoms of anxiety.

Headspace:

- Free to download for Apple and Android
- Meditation and mindfulness app - you get 10 sessions for free, which you can repeat over again and again
- Guided daily meditation sessions to help you breathe, relax and be calm.

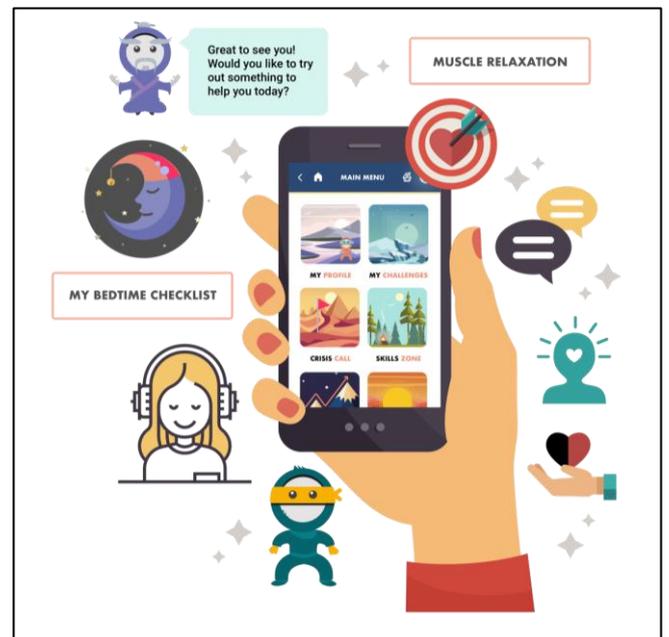


Stay Alive:

- Free to download for Apple and Android
- Stay Alive is a suicide prevention app, you can use it if you are having thoughts about suicide or if you are concerned about someone else
- You can read tips on how to stay grounded when you're feeling overwhelmed, try the guided-breathing exercise and support your own wellness by creating your own interactive plan

ThinkNinja:

- Free to download for Apple and Android for users 10-18 years old
- Provides a range of skills for mental health and emotional wellbeing
- It has been updated with resources for coping with COVID-19; isolation struggles, worries about personal health and health of families, plus many more helpful tips



If you need support and want to chat to someone, our Open Access service is available Monday-Friday 3-7pm (last call 6pm).

Call us on 07467 045 207

If you have an immediate and urgent mental health concern please contact the CAMHS Crisis Team on 0151 293 3755 – 24/7