

# Mental Health and Wellbeing support



Mindshift Designed to help teens and young people cope with anxiety by teaching them how to relax, develop more helpful ways of thinking and identify active steps to help take charge of anxiety. <http://myhealthapps.net/app/details/463/mindshift>



SAM Self-help app which includes a personal toolbox, negative thought buster, colouring exercise and information. <https://sam-app.org.uk> ([sam-app.org.uk](https://sam-app.org.uk))



Child Bereavement UK Has an app designed to support children and young people who have suffered a bereavement. Provides information on where to get more support. **0800 02 888 40**



Students against Depression Offers information and resources validated by health professionals alongside tips and advice from students who have experienced it themselves. [www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)



Anna Freud Centre Children's mental health charity providing specialist help and training. [www.annafreud.org](http://www.annafreud.org)

Childline Counselling service for parents, children and young people. **0800 1111**



Children and Young People's Mental Health Coalition CYPMHC brings together leading charities to campaign jointly on the mental health and wellbeing of children and young people. [cypmhc.org.uk](http://cypmhc.org.uk)



Kidscape Works UK-wide to provide individuals with practical skills and resources necessary to keep children safe from harm. [www.kidscape.org.uk/](http://www.kidscape.org.uk/)



Provides free online wellbeing support for young people delivered by qualified counsellors via chat based services. [www.kooth.com](http://www.kooth.com)



Rise Above Website designed by Public Health England to boost resilience among 11-16 year olds by teaching them the skills needed to make better decisions in 'risky' situations such as smoking, drugs, drinking, relationships and sex. [riseabove.org.uk](http://riseabove.org.uk)



Sane UK mental health charity working to improve the quality of life for anyone affected by mental illness. Offers advice and support. <http://www.sane.org.uk>



Stem 4 Aims to improve teenage mental health by stemming commonly occurring mental health issues at an early stage. <https://stem4.org.uk/>



Access local support services – from mental health, contraception, homelessness and bereavement – and shows the young person how to get there from their phone. [www.themix.org.uk](http://www.themix.org.uk)



Young Minds UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers. <https://youngminds.org.uk/>



London Lesbian and Gay Switchboard National Service for lesbians, gay, and anyone needing support regarding their sexuality. Information, advice, listening and referral. **0300 330 0630**



Mermaids A charity that supports gender-diverse children and young people until their 20th birthday, as well their families and professionals involved in their care. <https://mermaidsuk.org.uk/> **0808 801 0400**



Headspace App teaches mindfulness meditation principles to improve wellbeing. [www.headspace.com](http://www.headspace.com)



Moodometer Developed by 2Gether NHS Foundation Trust, this app is an interactive mood diary for monitoring and understanding emotional and wellbeing. Includes tips and guidance on how to influence mood. [myhealthapps.net](http://myhealthapps.net)



Moodscope Mood tracking and management platform aimed at age 14 and over. <https://www.moodscope.com/>



SuperBetter Evidence-based app created to help young people build resilience to become stronger, happier and healthier. [www.superbetter.com](http://www.superbetter.com)



Calm Harm App that aims to help young people resist the urge to self-harm by using four task categories which reflect the reasons why many people choose to self-harm: distract, comfort, express or release. <https://calmharm.co.uk/>



SelfharmUK A national project dedicated to supporting young people affected by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in their life. [www.selfharm.co.uk](http://www.selfharm.co.uk)



National Drugs Helpline 24/7 Helpline for anyone concerned about drug misuse, including users, families, friends and carers. <https://www.talktofrank.com/>



Stay Alive App offers help and support to people with thoughts of suicide and people concerned about someone else. <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

ChatHealth is an easy way for young people (aged 11-19 years) to confidentially ask for help about a range of issues, or make an appointment with a school nurse, by sending a text message. You can text a school nurse on **07507 333356**, Monday to Friday (excluding bank holidays), 09:00 to 16:30.



Information, advice and support for anyone concerned about the emotional wellbeing and mental health of a child or young person aged 0 to 25 years. Call **0345 600 2090**, available Monday to Friday, 8am to 7:30pm