

WELLBEING SUPPORT

TEXT

Chat Health

Secure and confidential text messaging service for young people aged 11-19yrs
TEXT 07480 635 443

Young Minds Crisis Messenger

Free 24/7 support across the UK for anyone experiencing a mental health crisis
Text YM to 85258



TELEPHONE HELPLINES

Childline 0800 1111

Samaritans 116 123

The Mix 0808 808 4994 (12-25yrs)

Barnardo's 0800 157 7015

First Response Service (Mental Health Crisis) 111 option 2



ONLINE

Beat

Eating disorders support. Open 365 days per year.
12 – 8pm on weekdays, 4pm-8pm at weekends

Childline Online chat and email

Kooth Online mental wellbeing

The Mix Online 1:1 chat and crisis messenger (12-25yrs)

Youthoria Website full of resources, advice and ASK ALL where young people can ask questions (11-19yrs)



1:1 OR GROUP COUNSELLING

(DELIVERY MAYBE ALTERED DURING COVID19)

CHUMS Mental Health and Emotional Wellbeing Service offers support to children and young people with mild to moderate mental health difficulties

Here Now A safe, friendly and confidential space for advice and information on health and wellbeing (13-25yrs)

Stars Bereavement counselling (teacher or parent to contact the service)

The Kite Trust LGBT+ 1:1 support, group sessions, online advice and podcasts

YMCA Counselling and advice and resources (11-18yrs)

WEBSITES

Anna Freud A therapy referral service (12-18yrs)

BBC Life and Wellbeing Advice on a range of topics

The Children's Society Advice on a range of topics

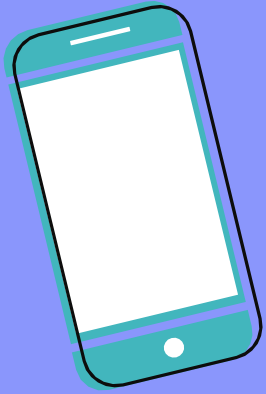
Keep Your Head A wellbeing HUB with information, resources and signposting to local services

Epic Friends Self-help tips and how to help others

The Mix Advice on facing challenges (11-25yrs)

Young Minds Information on a variety of issues

WELLBEING APPS



APPS SUITABLE FOR YOUNGER CHILDREN

- Worrinots Cope with worries and anxieties (4+yrs)
- Think Ninja Understand stress, anxiety & low mood (10+yrs)
- SafeSpot Develop coping skills, learn relaxation and distraction techniques (4+yrs)
- In Hand Identify stress or low mood
- HappiMe(Green) Build self-esteem, self-confidence and happiness (4-11 yrs)
- Chill Panda Learn to relax and manage worries (4-11 yrs)



APPS FOR TEENS

- Thrive Manage stress and anxiety
- WorryTree Take control of worries*
- SAMapp Understand and manage anxiety
- MoodKit Monitor mood and create a mood journal*
- MeeTwo Build confidence, increase wellbeing and improve emotional resilience
- HappiMe (Blue) Build self-esteem, self-confidence and happiness (11-17 yrs)
- Feeling Good Teens Free access using the username: coboost and password: coboost during this period. Manage worries, improve sleep, develop self-esteem and resilience (11-13 yrs)
- Catch it Manage feelings like anxiety and depression



RELAXATION, MINDFULNESS, GAMES & MUSIC WELLBEING APPS

- Stress & Anxiety Companion Breathing exercises, relaxing music and games*
- Smiling Mind Daily meditation and mindfulness exercises
- Pzizz Strategies for sleep and keeping calm*
- Happify Activities and games to help reduce stress, overcome negative thoughts and build greater resilience*
- eQuoo Psychological skills adventure game
- Cove Music mood journal
- Cosmic Kids Yoga Yoga and mindfulness*



SUPPORT APPS

- Stay Alive A pocket suicide prevention resource (16+yrs)
- SilverCloud Online course for stress, anxiety and depression (NHS referral)
- My Possible Self Modules to manage fear, anxiety and stress-free during Covid 19 (18+yrs)
- Mood Tool Depression Aid Combat depression and alleviate negative moods
- HappiMe (Red) Build self-esteem, self-confidence and happiness (17+yrs)*
- Combined Minds Know how to support someone's mental health (for families)
- Calm Harm Resist or manage the urge to self-harm



The contents of this list has been compiled for information and guidance only. Contributors include:

*Cost/In app upgrade cost



YMCA TRINITY GROUP

