Useful Websites and Helplines

Young Minds

Young Minds provides information about mental health conditions and support available. They offer some useful online guides.

Youngminds.org.uk

NHS Choices

Whatever you need to know about coping with anxiety or depression, or just the normal emotional ups and downs of life, Moodzone offers practical advice, tools & videos guides.

nhs.uk/Conditions/stress-anxiety-depression

The Mix

The Mix offer a free and confidential multi-channel service that provide articles and video content online, by phone, by email and through peer-to-peer support and counselling services.

themix.org.uk
0808 808 4994

Childline

Childline provide confidential help and advice about a wide range of issues. Young people can talk to a counsellor online or over the phone, as well as post on message boards.

Childline.org.uk
0800 1111

Heads Above The Waves

Heads Above The Waves is a not-for-profit organisation that raises awareness of depression and self-harm in young people. They promote positive, creative ways of dealing with the bad days.

hatw.co.uk

Samaritans

Samaritans provide round the clock support by phone, email, or through letters. They are there to listen to any problem that you're facing. No matter who you are, or how big or small the issue may seem.

samaritans.org
jo@samaritans.org
116 123

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MIND

MIND offer information and advice for a huge range of mental health issues. You can contact MIND's infoline for information about types of mental health problems, where to get help, medication, and advocacy.

mind.org.uk
info@mind.org.uk
0300 123 3393
Text 86463

Self Help Apps

Woebot

Woebot is a free automated conversational agent (chatbot) who helps you monitor your mood and learn about yourself. (12+)

Calm Harm

Calm Harm provides tasks that help you resist or manage the urge to self-harm. The four categories of tasks target the main reasons people may self-harm: Distract, Comfort, Express and Release.

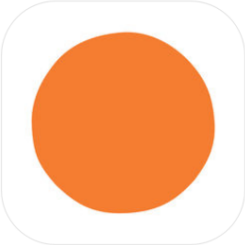
Calm

Calm offers guided meditations, sleep stories, breathing programs and relaxing music. (4+)

What's Up? – A Mental Health App

What's Up? uses interactive games, forums and a thought tracking diary to help people to manage their feelings. Its goals include helping people to manage stress, anxiety and depression, to control panic attacks, and to relax and help them form better habits. (4+)

Headspace: Guided Meditation



Headspace is a guided meditation app made simple. It tracks your stats and gives you reminders to help you with your practice. Its goals include supporting people to manage stress, anxiety and panic attacks, as well as promoting relaxation and wellbeing. (4+)

Stop, Breath & Think: Kids

Meditation and mindfulness made easy and fun for kids. This app helps children to discover and develop their 'superpowers' of sleep, being calm, learning to breathe and to resolve conflicts. Designed for kids aged 5-10. (4+)

Stop, Breathe & Think

This app is designed to make you more mindful and compassionate. It enables you to track your daily progress. Its goals centre around supporting people's anxiety management and relaxation using methods of relaxation training and mindfulness meditation. (4+)

MindShift

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. MindShift aims to help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. (4+)

In Hand

Using a traffic light system, In Hand acts as a digital friend to help you in times of stress or low mood. Taking you through different activities depending on how you're feeling, the app aims to focus you on where you're at and bring back the balance. (4+)

Smiling Mind

Smiling Mind make mindfulness meditation accessible to all. The programs are designed to assist people in dealing with the pressure, stress and challenges of daily life. It's for children, young people and adults at work and in the classroom. (4+)

Pzizz – Sleep, Nap, Focus

This app plays you "dreamscapes"— a sleep-optimized mix of music, voiceover, and sound effects that changes each night, to quickly quiet your mind, put you to sleep, keep you asleep, and then wake you up feeling refreshed. (4+)

PAUSE – Relaxation at your fingertips

Based on the ancient principles of Tai Chi and mindfulness practice. The calming audio-visual feedback in the Pause app is designed to help you keep your attention and focus you in the present moment. (4+)

Self-help for Anxiety Management (SAM)

SAM offers a range of self-help methods for people who are serious about learning to manage their anxiety. The content of SAM is presented in various media formats in order to support users in learning about anxiety and practicing self-help. (12+)

Personal Zen

Personal Zen is clinically proven to reduce stress by JUST playing a fun game. Playing Personal Zen aims to retrain your brain to lower stress and anxiety. (4+)

Breath2Relax

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. (4+)

Relax Lite: Stress and Anxiety

De-stress with this app's guided breathing and meditation exercises that use calming music to promote relaxation. It's a simple and intuitive stress management tool. (4+)

BoosterBuddy

Designed to help teens and young adults improve their mental health. This app supports you to manage your 'personal wellness journey.' You earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits. (4+)

Molehill Mountain

You can use Molehill Mountain to explore the causes and symptoms of anxiety. This app is specifically designed for people with autism. It supports you to track worries and the situations that trigger anxiety, get evidence-based daily tips, and feel more confident to self-mange anxiety. (12+)