

# Mental Health Support

## **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: **03444 775 774** (Monday to Friday, 9.30am to 5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## **Beat – Eating Disorders**

Phone: **0808 801 0677** (adults) or **0808 801 0711** (for under-18s)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

## **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

## **CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: **0800 58 58 58** (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

## **Calm Harm (Stem 4)**

Specialised App designed to help young people manage or resist the urge to self-harm. Available for free download on Google Play & the App Store

Website: <https://calmharm.co.uk>

## **Childline**

Specially designed for children to gain access to counsellors and information in a child friendly way. Open 24 hours a day, with a free phone number & new text messaging service. All aspects of mental health and other issues can be discussed confidentially.

Website: <https://www.childline.org.uk/>

Phone Number: **0800 1111**

## Chill Panda App

This App is designed for children and young people to measure their heart rate and then do activities based on their mood and heartbeat. Activities are fun, interactive and easy to follow and have been shown to lower anxiety and improve wellbeing. Available for free download on Google Play & the App Store

Website: <http://chillpanda.co.uk/>

## Clear Fear App (Stem 4)

Specialised App designed to support young people suffering with anxiety. Lots of tips, distractions & self-help methods perfect for young people. Available for free download on Google Play & the App Store

Website: <https://www.clearfear.co.uk/>

## Combined Minds App (Stem 4)

Designed for parents and carers to help them support young people suffering with mental health disorders. Lots of advice and signposting on how to help and source support for your child with their mental health concerns. Available for free download on Google Play & the App Store.

Website: <https://combinedminds.co.uk/>

## Every Mind Matters

New website with expert advice and tips from the NHS to help you look after the mental health of your child.

Website: <https://www.nhs.uk/oneyou/every-mind-matters/>

## HAPPY NOTPER FECT (Happy Not Perfect) App

An American App designed to create a daily routine of repetition for a more positive perspective. There are lots of meditation sessions, happiness activities and support information. Available for free download on Google Play & the App Store

Website: <https://happynotperfect.com/>

## Kooth.com

Free online mental health community consisting of professional counselling via text message from 10am to 10pm every day for young people under the age of 18. Access to a variety of

information sources about anxiety disorders and access to forums to talk to other young people going through the same experience.

Website: <https://www.kooth.com/>

## MeeTwo App

Provides safe and secure forum for teenagers wanting to discuss any issues affecting their lives. Run by a team of super-peers, moderators and counsellors these experts ensure every user gets appropriate support. This App works in a very similar way to social media and therefore is popular amongst young people. Available for free download on Google Play & the App Store

Website: <https://www.meetwo.co.uk/>

## Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

## Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)  
<https://www.mentalhealth.org.uk/your-mental-health/getting-help>  
<https://www.mentalhealth.org.uk/getting-help>

## Mind

Promotes the views and needs of people with mental health problems. The Mind info line offers an information line to answer questions about:

- types of mental health problem
- where to get help
- drug and alternative treatments
- advocacy.

Call the **Mind infoline** on **0300 123 3393** (Monday to Friday, 9am to 6pm) (UK landline calls are charged at local rates, and charges from mobile phones will vary considerably). Or email [info@mind.org.uk](mailto:info@mind.org.uk).

Website: [www.mind.org.uk](http://www.mind.org.uk)

## Mind Fresh Website & App

Website created by the NHS to allow parents and pupils to place their postcode in their search facility and find support services in their local area. Available for free download on Google Play & the App Store.

**Website:** <https://mindfresh.nelft.nhs.uk/>

## Move Mood (Stem 4)

New App created in response to the Coronavirus pandemic, to support young people in managing low mood and depression. Available for free download on Google Play & the App Store

**Website:** <https://stem4.org.uk/wp-content/uploads/2020/06/Stem4-Covid-Booklet-Parents-WEB-1.pdf>

## Mood Tools App

Provides six evidence based tools to aid clinical depression and low mood. Comprehensive information, self-tests, videos, thought diary and safety plans. Available for free download on Google Play & the App Store.

**Website:** <https://www.moodtools.org/>

## No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

**Phone:** **0844 967 4848** (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

**Website:** [www.nopanic.org.uk](http://www.nopanic.org.uk)

## OCD Action

Support for people with OCD. Includes information on treatment and online resources.

**Phone:** **0845 390 6232** (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

**Website:** [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

## OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

**Phone:** **0333 212 7890** (Monday to Friday, 9am to 5pm)

**Website:** [www.ocduk.org](http://www.ocduk.org)

## PAPYRUS

Young suicide prevention society.

**Phone: HOPElineUK 0800 068 4141** (Monday to Friday, 10am to 5pm and 7pm to 10pm, and 2pm to 5pm on weekends)

**Website:** [www.papyrus-uk.org](http://www.papyrus-uk.org)

## Parenting - Family Lives

Advice on all aspects of parenting, including dealing with bullying.

**Phone: 0808 800 2222** (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

**Website:** [www.familylives.org.uk](http://www.familylives.org.uk)

## Positive Penguins App

App aimed at children aged 8-12 year-olds, this app helps children understand their feelings and challenge negative thinking related to anxiety, low self-esteem & negative image. Four positive penguins take children on a journey to help better their understanding of how they think and feel. Great for your children in Year 7 or 8. Available for free download on Google Play & the App Store.

**Website:** <https://positivepenguins.com/>

## Rethink Mental Illness

Support and advice for people living with mental illness as well as for practical advice on:

- different types of therapy and medication
- benefits, debt, money issues
- police, courts, prison
- your rights under the Mental Health Act.

**Phone: 0300 5000 927** (Monday to Friday, 9.30am to 4pm)

**Website:** [www.rethink.org](http://www.rethink.org)

## Rise Up + Recover: An Eating Disorder Monitoring and Management Tool for Anorexia, Bulimia, Binge Eating, and EDNOS App

The app is based on self-monitoring homework, a key aspect of cognitive behavioural therapy. It allows a young person to log their meals, emotions, and behaviours, set custom reminders to keep you inspired and moving forward. Supporting young people and their families struggling with an eating disorder. Available for free download on Google Play & the App Store.

**Website:** <https://apps.apple.com/us/app/rise-up-recover-eating-disorder-monitoring-management/id509287014>

## Sam App

A friendly and award winning App for young people looking for self-help methods to manage their anxiety. There is a personal toolkit, negative thought buster and colouring exercises, as well as detailed information on anxiety and stress. Available for free download on Google Play & the App Store.

**Website:** <https://sam-app.org.uk/>

## Samaritans

Confidential support for people experiencing feelings of distress or despair.

**Phone: 116 123 (free 24-hour helpline)**

**Website:** [www.samaritans.org.uk](http://www.samaritans.org.uk)

## SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

**Textcare: comfort and care via text message, sent when the person needs it most:**

[www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

**Peer support forum:** [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

**Website:** [www.sane.org.uk/support](http://www.sane.org.uk/support)

## Shout Crisis Text Line

For support in a crisis, **Text Shout to 85258.**

If you're experiencing a personal crisis, are unable to cope and need support.

Shout can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship challenges

## Stem 4 Website

Specialise website designed to support young people experiencing mental health disorders. Signposting to further Apps and online support available.

**Website:** <https://stem4.org.uk/>

## Teen Sleep

The sleep charity has launched this new hub and eBook to promote the importance of sleep for young people's mental health.

**Website:** <https://teensleephub.org.uk/>

## **The Mix**

A new website aimed at young people under 25 facing a number of challenges around money worries, COVID, consent, stress and number of other areas of concern. There is also a CRISIS messenger and a one to one chat feature with professionals.

Website: <https://www.themix.org.uk/>

## **Think Ninja APP**

Specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build reliance and stay strong. Available for free download on Google Play & the App Store.

Website is : <https://www.healios.org.uk/>

## **Young Minds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline [0808 802 5544](tel:08088025544) (Monday to Friday, 9.30am to 4pm)

**Website:** [www.youngminds.org.uk](http://www.youngminds.org.uk)