

Mental Health and Emotional Wellbeing – Useful Resources

General Mental Health

<https://nottalone.org.uk/> Nott Alone Website

www.getselfhelp.co.uk Range of self-help materials for many mental health difficulties

www.rcpsych.ac.uk Royal College of Psychiatrists – leaflets to download for parents and young people

www.youngminds.org.uk Young peoples' mental health charity

www.nhs.uk/conditions NHS Choices - information on all mental health difficulties

<http://www.moodcafe.co.uk/> Common mental health difficulties

<http://www.ru-ok.org.uk/index.html> General self-help and coping skills for teenagers

www.mentalhealth.org.uk Information, research and resources

www.actionforhappiness.org Ways to improve mood

www.primarycare-selfhelp.co.uk Self help materials

<http://www.handsonscotland.co.uk/index.html> Information and guidance for professionals and parents

<http://psychologytools.com/> Self help materials and CBT worksheets

www.getthelowdown.co.uk Common mental health conditions and managing feelings

<http://healththewholeofme.com/> Self-help resources

Helplines :

ChildLine 0800 1111 www.childline.org.uk

Samaritans – Call or text 116 123 jo@samaritans.org 08457 90 90 90 www.samaritans.org

www.kooth.com On-line counselling service for young people

Youth2Youth 0208 896 3675 www.youth2youth.co.uk Young persons' helpline run by young people

Young Minds Parents' Helpline 0808 802 5544 or email parents@youngminds.org.uk

Runaway helpline - Call or text 116000 www.runawayhelpline.org.uk <http://www.runawayhelpline.org.uk/>

Anxiety:

www.anxietybc.com Anxiety help for young people

www.anxiety.org.uk Advice and support for anxiety sufferers

<http://www.nopanic.org.uk/> Panic attacks, obsessions and phobias

Depression:

www.depressioninteenagers.co.uk Self-help and relaxation for young people

www.studentsagainstdepression.org Information and support around depression

Self Harm:

www.selfharm.org.uk Supports young people who self harm

www.nshn.co.uk Includes helpful alternatives to self harm

<http://www.lifesigns.org.uk/> Advice and support for self harm

<https://www.selfharm.co.uk/> Older youths safe space to talk

<http://www.selfinjurysupport.org.uk/> For girls who self harm

Suicide:

www.papyrus-uk.org Prevention of young suicide

OCD:

www.ocduk.org Information and support relating to OCD in young people

Eating Disorders:

www.b-eat.co.uk The Eating Disorder Association and contains information on all aspects of eating disorders

ADHD:

www.adders.org For parents of children with ADHD

www.addiss.co.uk Information and resources

www.adhdandyou.co.uk Information for children and adults

ASC:

www.autism.org.uk National Autistic Society website

www.asparents.org.uk Cheshire Autism Practical Support

<http://do2learn.com/> Resources to support social skills and behaviour regulation

www.pbkids.org/arthur/games/aboutface/ Understanding emotions

Drugs:

www.talktofrank.com Downloadable materials, helpline and website

<http://www.mentalhealth.org.uk/a-to-z/a/alcohol-and-mental-health> Information and advice

Self Esteem:

<http://www.life-with-confidence.com/> Advice and resources

<http://www.positivityclick.com/> Articles with advice

Bereavement:

www.winstonswish.org.uk Information and runs residentials

<http://www.cruse.org.uk/> Helpful advice and information

www.griefencounter.org.uk Website for children and young people

<http://hopeagain.org.uk/> Helpful advice and information

Separation/ Divorce:

<https://www.careforthefamily.org.uk/> Parent support

<http://www.familylives.org.uk/advice/divorce-and-separation/thinking-about-divorce/finding-support-during-divorce-separation/>
Parent information and advice

<http://www.divorceaid.co.uk/child/children.htm> Information and advice for children/ young people

Bullying:

<http://www.bullying.co.uk/> Advice and support for young people and parents

Sexuality:

<https://www.lgbtyouth.org.uk/> Advice and resources for young people

CSE:

<https://www.ceop.police.uk/safety-centre/> Child exploitation and online protection

Domestic Abuse:

<http://www.refuge.org.uk/get-help-now/help-for-children/> Support for children and young people

<http://18u.org.uk/> Support for any young person who has suffered abuse

Attachment:

<http://beaconhouse.org.uk/useful-resources/> Developmental trauma and attachment resources

Children in care:

<http://www.coramvoice.org.uk/> Support and resources

Young Carers:

<https://babble.carers.org/> Support and advice

Helpful APPs For more apps: <https://www.getselfhelp.co.uk/links2.htm>

- MindShift (Teens and young adults) - <https://www.anxietybc.com/resources/mindshift-app>

Managing anxiety, relaxation, strategies

- Moodlytics – <http://www.moodlytics.com/>

Mood tracker, goal setting

- Sleepio – <https://www.sleepio.com/>

CBT based, goal setting, to improve sleep.

- Post Incident Learning – <https://itunes.apple.com/gb/app/post-incident-learning/id673031262>

Positive behaviour strategies. Supports with recognition and control of unhelpful behaviours.

- In Hand – <http://www.inhand.org.uk/>

Help for times of stress and low mood, simple steps and activity suggestions

- MoodPanda: <http://www.moodpanda.com/>

Interactive mood diary – rate and track

- Headspace: <https://www.headspace.com/headspace-meditation-app>

Guided meditation and mindfulness

- Moodometer - <https://itunes.apple.com/gb/app/moodometer/id404137652?mt=8>

Rate and track mood, mood diary, tips for wellbeing

- What's Up? <https://itunes.apple.com/us/app/whats-up-a-mental-health-app/id968251160?mt=8>

CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help cope with Depression, Anxiety, Anger, Stress. Includes diary, habit tracker, catastrophe scale, breathing exercises

- SafeSpot : <http://safespot.org.uk/the-app/>

Personalised coping plan, useful strategies and tools to help, and directions to local resources

- CBT4Kids Toolbox (6 to 12 years): <https://cbt4kids.com.au/the-app>

Body Changes, Thinking Skills, Problem Solving, Progressive Muscle Relaxation (guided audio)

- Calm: <https://www.calm.com/>

Mindfulness and meditation techniques to reduce stress and support sleep

- Breathe, think, do: <https://itunes.apple.com/us/app/breathe-think-do-with-sesame/id721853597?mt=8>

Sesame Street problem solving, self-control, planning, and task persistence. Breathing techniques and emotional vocabulary

- Positive Penguins: <http://positivepenguins.com/>

Resilience app to help children understand why they feel the way they do and help them challenge their negative thinking. Includes mindfulness.