

USEFUL MENTAL HEALTH WEBSITES, HELPLINES AND APPS

General mental health information:

www.mymind.org.uk CWP Trust website

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

<https://www.minded.org.uk/> Mental health e-learning for professionals and families

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

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

<http://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/> Information, research and resources

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

<http://www.scie.org.uk/publications/elearning/> Parental substance misuse, parental mental health and the impact on families, children of prisoners and residential child care

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

<http://healthwholeofme.com/> Self help resources

<http://www.docready.org/#/home> Preparing for a mental health appointment

<http://www.supportline.org.uk/problems/index.php> Information on all mental health difficulties and web links



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/>

Depression:

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

www.studentsagainstd Depression.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

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

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.pbskids.org/arthur/games/aboutface/ Understanding emotions

Drugs:

www.talktofrank.com Downloadable materials, helpline and website

<https://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

Anger difficulties

www.angriesout.com Advice and support for dealing with anger

http://www.additionalneeds.net/Anger_Management/introduction.htm Strategies and resources

Domestic Abuse:

<http://thehideout.org.uk/children/home/> Helping children understand 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

Children in care:

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

Young Carers:

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

Helpful APPs

MindShift - for anxiety

Moodlytics – mood tracker

Sleepio – to improve sleep

Post Incident Learning – positive behaviour strategies

In Hand - help for times of stress and low mood

MoodPanda- interactive mood diary

Headspace – mindfulness meditation

Live Happy – to boost mood through activities

Moodometer - mood tracker

What's Up? – CBT based. Depression, Anxiety, Anger, Stress

SafeSpot – coping skills

