



HELPFUL WEBSITES*



<https://www.youngminds.org.uk>

<https://www.childrensociety.org.uk>

<https://www.young.scot>

<https://www.handsonscotland.co.uk>

<https://www.camhs-resources.co.uk>

<https://www.talktofrank.com>

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

<https://www.papyrus-uk.org>

<https://www.cruse.org.uk>

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

HELPFUL APPS*



Calm

meditation techniques to help with stress and sleep

Headspace

meditation app that acts as a personal guide to health and happiness

Smiling Mind

free mindfulness meditations to help you relax

MoodGym

online cognitive behaviour therapy program for depression and anxiety

Mindshift

designed to help young people manage anxiety

SAM

has games and tools to help you understand and manage anxiety

Superbetter

app designed to build resilience

Calm Harm

helps young people manage the urge to self-harm

My 3

support to reach out to others if you are having suicidal thoughts

For Me

a free app from Childline offering counselling, group message boards and advice

**NB: Websites and Apps are not designed to replace a comprehensive assessment from a qualified mental health practitioner. Visit your GP to discuss how you are feeling and to create a plan for support*

