



Useful National helplines, websites, or apps for adults and children while School is closed.

Childline (<http://www.childline.org.uk>)

A place a child or young person can talk to someone about something they are worried about. They can do this online or over the phone. - 08001111

NSPCC (<https://www.nspcc.org.uk/services-and-resources/nspcc-helpline/>)

This charity works against child abuse - a helpline is available for parents or other adults concerned about a child. - 0808 8025544

The Samaritans (<https://www.samaritans.org/how-we-can-help-you/contact-us>)

A confidential helpline which offers support and advice to those in emotional distress. - 116 123

Young Minds Parentline (<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>)

Offers information and advice to anyone worried about a child or young person under the age of 25. - 0808 802 5544

Papyrus (<http://www.papyrus-uk.org/>)

Charity working to prevent young suicide with a helpline for those worried about themselves or someone they know. Call 0800 068 4141; Text 0778 620 9697

General mental health advice and support:

Big White Wall (<http://www.bigwhitewall.com/>)

Online counselling service for young people aged 16+.

CALM (<https://www.thecalmzone.net/>)

The Campaign against Living Miserably aims to reduce suicide rates among young men in the UK.

Doc Ready (<http://www.docready.org/>)

Prepares young people for their first visit to their GP to talk about their mental health.

Get Connected (<http://www.getconnected.org.uk/>)

Support and signposting for young people under the age of 25. Telephone, email, text and web chat support.

Kooth (<http://www.kooth.com/>)

Online counselling and support for children and young people.

Mind (<http://www.mind.org.uk/>)

National mental health charity providing information and advice.



Sane (<http://www.sane.org.uk/>)

Information on mental health, as well as telephone, email and text support. Includes an online forum for over-18s.

The Mix (<https://www.themix.org.uk/>)

Mental health information and support for the under-25s.

Time to Change (<http://www.time-to-change.org.uk/>)

Personal stories from young people about why mental health matters.

The Youth Wellbeing Directory (<http://www.annafreud.org/children-young-people/youth-wellbeing>)

Online resource for families and young people up to the age of 24 listing local mental health services in their area.

Scottish Association for Mental Health (<https://www.samh.org.uk/>)

Provides mental health social care support, homelessness, addictions and employment services, among others, across Scotland.

Lifeline Helpline (<http://www.lifelinehelpline.info/>)

A crisis response helpline service for people who are experiencing distress or despair in Northern Ireland.

Anxiety

Anxiety UK (<http://www.anxietyuk.org.uk>)

Live chat and email support for children and young people experiencing anxiety.

No Panic (<http://www.nopanic.org.uk/>)

Helpline for young people who suffer from panic attacks, OCD, phobias, and other related anxiety disorders. - 0330 606 1174

Bipolar

Bipolar UK (<http://www.bipolaruk.org.uk/>)

Offers information about bipolar disorder, an online community, and a peer support line.

Bullying

Bullying UK (<https://www.bullying.co.uk/>)

Advice and support for dealing with bullying.

RespectMe (<https://respectme.org.uk/>)

Scotland's anti-bullying service working with adults involved in the lives of children and young people to give them the practical skills and confidence to deal with children who are bullied and those who bully others.

Depression

Charlie Waller Memorial Trust (<https://www.cwmt.org.uk/>)

Includes information for children and young people on how to recognise the signs of depression.

My CAMHS Choice (<http://www.mycamhschoices.org/>)

Information and support for young people who have been referred to the CAMHS system.

Students Against Depression (<http://www.studentsagainstdepression.org/>)

Information, advice and real-life stories for university students struggling with depression.

Drugs and alcohol

Addaction (<http://www.addaction.org.uk/>)

Information about drug and alcohol problems.

Nacoa (<http://www.nacoa.org.uk/>)

Information and support for children and young people affected by a parent's alcohol use.

Eating disorders

Beat Eating Disorders (<http://www.b-eat.co.uk/>)

Helplines, online support and self-help groups on all types of eating disorder.

Hearing voices

Voice Collective (<http://www.voicecollective.co.uk/>)

Resources for young people who hear, see and sense things that others don't. Support for parents is also offered.



Medication

Head Meds (<http://www.headmeds.org.uk/>)

Information for young people around medication, mental health and life.

OCD

OCD UK (<http://www.ocduk.org/>)

Information and support on OCD, including online support forums.

Self-harm

Life Signs (<http://www.lifesigns.org.uk/>)

Information and support on self-harm in children and young people.

National Self-Harm Network (<http://www.nshn.co.uk/>)

A forum providing crisis support, resources and advice on dealing with self-harm.

Recover Your Life (<http://www.recoveryourlife.com/>)

Information and support around self-harm. Includes forums, online chat, open 24/7.

Self Harm UK (<http://www.selfharm.co.uk/>)

Information for parents and professionals on self-harming behaviour.

Apps/Tools for Children and Young People

Healthy Minds (<http://www.healthymindsonline.com/our-apps.html>)

Problem-solving tool aimed at students.

InHand (<http://www.inhand.org.uk/>)

An app to help young people through the ups and downs of life; it suggests activities to help based on how you rank your mood.

Mindshift (<https://www.anxietycanada.com/resources/mindshift-app>)

Specifically for young people to help them manage their anxiety. There are lots of tools, techniques and advice.

Mood Panda (<http://moodpanda.com/>)

Half moodtracker, half social network. It allows children and young people to choose whether to keep their mood private or share it publicly for support from other Mood Panda users.



Mood Scope (<https://www.moodscope.com/>)

A mood tracking tool; the basic features are free but you have to pay for more in-depth features.

Moodometer (<http://myhealthapps.net/app/details/363/moodometer>)

An app as well as an online resource which helps children and young people monitor and understand their emotional wellbeing.

Personal Zen (<http://www.personalzen.com/>)

Games that have been clinically proven to reduce stress.

Recovery Record (<https://www.recoveryrecord.co.uk/>)

Self-help tool for children and young people suffering from eating disorders.

SAM (Self-Help for Anxiety Management) (<http://sam-app.org.uk/>)

Help with anxiety management which includes interactive games and tools, and an anxiety tracker.

Stop, Breathe and Think (<https://www.stopbreathethink.com/>)

Guide to meditation which recommends certain meditations based on how you're feeling.

Young minds

A Childline for pupils - 0800 1111 (<https://www.childline.org.uk/>)