

OUT OF HOUR EMOTIONAL HEALTH & WELLBEING SUPPORT AVAILABLE NATIONALLY

Urgent mental health helplines are for people of all ages.
You can call for: 24-hour advice and support – for you, your child, your parent or someone you care for.
There is always help available to speak to a mental health professional.

YOUNG MINDS Crisis Messenger

powered by
shout
85258

CRISIS TEXT LINE |

Are you a young person in crisis? under 25
Text the Young Minds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.

If you need urgent help, text YM to 85258.
All texts are answered by trained volunteers, with support from experienced clinical supervisors.
Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom



Need to talk?
We're online until 10pm

- Friendly counsellors
- Self-help
- Community support

Free, safe and anonymous online support for young people
kooth.com



PAPYRUS
 PREVENTION OF YOUNG SUICIDE

HOPELINEUK
0800 068 41 41

TALK TO US
 If things are getting to you

Talk to us any time you like,
 in your own way – about whatever's getting to you.

116 123 **FREE**
 This number is FREE to call

jo@samaritans.org

samaritans.org



How to sign up to Kooth.

- 1 Click on the 'Join Kooth' button located in the centre of the home page of the Kooth website
- 2 Choose from the drop down box the **location** you are in
- 3 Click on the **gender** you identify with
- 4 Choose from the drop down box the **ethnicity** that best fits you
- 5 Add your **age** and the **month you were born**
- 6 Click 'continue'
- 7 Create an **anonymous username** (not your real name) and **secure password**
- 8 Choose from the drop down box to explain where you found out about Kooth
- 9 Click on the 'create account' button to complete your registration

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile, laptop and tablet.**

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on: **"Chat now button"**

To write a message to the team, click on: **"message the team"**

www.kooth.com



Helpful Apps

THESE DAYS SO MANY OF US USE APPS IN OUR EVERYDAY LIFE FOR ANYTHING FROM SHOPPING TO ENTERTAINMENT TO TRAVEL, BUT HAVE YOU CONSIDERED USING THEM TO LOOK AFTER YOUR WELLBEING AND MENTAL HEALTH ?



Headspace

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. Its also on netflix .



Catch It

Learn how to manage feelings like anxiety and depression with Catch It.

NETFLIX



Calm

A great mindfulness app with A vast amount of exercises and options to choose from for all levels of ability.



distrACT

Quick and discreet access to information and advice about self-harm and suicidal thoughts.



Feeling Good: positive mindset

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset



Student Health App

The Student Health App provides easy access to more than 900 pages of reliable health information all in one place.



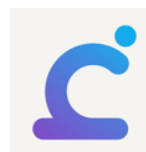
Worry Tree

The WorryTree app aims to help you take control of worry wherever you are. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries.



Thrive

Thrive helps you prevent and manage stress, anxiety and related conditions. The be used to relax before a stressful situation.



Calm Harm

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.



eQuoo

The eQuoo app uses adventure games designed by psychologists to teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.



Stress & Anxiety Companion

Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, Helps you change negative thoughts.



Togetherall

Togetherall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals.

Disclaimer

The app developer is solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.



Updated May 2021 : Blackpool PMHWs