

ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.



- **Happy? OK? Sad? is a mental health site for people who live or work in Warrington.**

The site includes information about how to look after your mental wellbeing, as well as a directory of mental health support services. There's also details of services you can contact if you can't cope and need help right now. Local services are clearly marked and there's a short description explaining what each service offers. The website is divided into age related pages, so you can quickly find the information and services most relevant to you. There's also a page for frontline workers with links to free resources and training.

- **My Life Warrington – Service Directory**

<https://www.mylifewarrington.co.uk/kb5/warrington/directory/home.page>

- **SLC (Lifeways)**

Supported living for those with mental health issues, complex needs and physical disabilities.

01925 653169

referrals@lifeways.co.uk

www.lifeways.co.uk

- **REFUGE – Warrington Independent Domestic Violence and Abuse Service**

We support women and men experiencing domestic abuse in Warrington. Our independent domestic violence advocates and outreach workers:

- Provide emotional and practical support to victims from the point of crisis
- Offer intensive support to help ensure short, medium and long term safety
- Provide information and guidance on civil and criminal court proceedings and legal options
- Empower victims to make informed decisions about their safety, and the safety of their children
- Help victims access other specialist support e.g. refuge accommodation



- **St Joseph's Family Centre**

St Joseph's Family Centre offers a range of services for families and individuals including:

- Child contact centre – a safe and neutral place to support children of separated families
- Counselling services for adults and children
- An occasional support programme for children who have suffered the loss of a parent or significant person through death, divorce or separation.
- Parenting skills course
- Anger management course
- Material help (emergency only)

01925 635448

contact@sjfc.org.uk

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