

# SELF HELP GUIDE

**Apps, Websites,  
Helplines and Places  
for you to go when  
you need help.**

**REMEMBER YOU ARE NOT ALONE!!**

# APPS FOR WHEN YOU'RE IN NEED



- **Headspace** - Guided meditations for stress, better sleep, anxiety or anger.
- **MoodMission** - Designed to empower you to overcome feelings of depression and anxiety by discovering new and better ways of coping.
- **Smiling Mind** - Mindfulness
- **Relax Lite** - Stress & Anxiety relief
- **Calm** - Meditation techniques for stress reduction.
- **MeeTwo** - Provides support to reduce stress, anxiety and improves well-being.

# SELF-HELP WEBSITES



**BITEBACK mental fitness - Online quizzes to reduce stress levels and setting goals.**

**KOOTH - Free , safe and anonymous online support for young people.**

**Mood Juice - Self-help resources site.**

**Teen Connect - Emotional support and Information.**

**Additional sites to visit - NHS, Childline, Samaritans.org.uk,**

**Children society.org.uk,  
mentalhealth.org.uk,  
battle scars self harm.org.uk.**



**Help us to Help you!**

# SUPPORT HELPLINES & PLACES FOR YOU TO GO WHEN YOU NEED A CHAT

## Helplines:

Childline - Confidential talk with a trusted adult on 0800 1111

Youngmind Crisis Messenger - Text chatline, Text YM to 85258

ChatHealth - Text messaging service for emotional health and well-being.

Text: 07520 619 750

The Mix - Mental health, drugs, money support, break-ups, stress etc. Contact: 0808 808 4994



## Places for you to go:

The Market Place - Mental health service that provides Counselling

Archway - Advice & Counselling

The Beck - Advice & Counselling

Youth Access - Advice & Counselling

Forward Leeds - Drugs & Alcohol Support

**DON'T BE AFRAID TO CALL OUT & ASK  
FOR HELP.**

