Who to call if you want to speak to someone or get some advice…

**ChildLine**

ChildLine is a counselling service for children and young people. You can contact ChildLine about anything - no problem is too big or too small. If you’re feeling scared or out of control or just want to talk to someone you can contact ChildLine. You can contact us in these ways:

Helpline 0800 1111

[childline.org.uk](https://www.childline.org.uk/)

[Send us an email,](https://www.childline.org.uk/login/?returnPath=%2flocker%2finbox%2f) Have a [1-2-1 chat](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/) with us or [Send a message to ‘Ask Sam’](https://www.childline.org.uk/get-support/ask-sam/)

**Kooth.com**

[kooth.com](https://www.kooth.com/)

Kooth.com is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems. Kooth.com offers users a free, confidential, safe and anonymous way to access help.

**The Mix**

Helpline: 0808 808 4994

[themix.org.uk](https://www.themix.org.uk/get-support)

[Depression](https://www.themix.org.uk/mental-health/depression-mental-health/understanding-depression-5647.html)

[themix.org.uk/mental-health](https://www.themix.org.uk/mental-health)

If you’re between 13 and 25, we’re here to take on the embarrassing problems, weird questions, and please-don’t-make-me-say-it-out-loud thoughts you have. We give you the info and support you need to deal with it all. We’ll connect you to experts who’ll give you the support and tools you need to take on any challenge you’re facing. We’re a free and confidential multi-channel service. That means that you choose how you access our support, without the worry of anyone else finding out.

**Papyrus**

HOPELINEUK: 0800 068 4141

[papyrus-uk.org](https://www.papyrus-uk.org/im-worried-about-someone-emergency/)

[I'm worried about someone](https://www.papyrus-uk.org/im-worried-about-someone-emergency/)

Support for anyone under 35 experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide.

**Students Against Depression**

[studentdepression.org](https://www.studentsagainstdepression.org/)

Developed in consultation with students who have been affected by depression, low mood or suicidal thoughts. Many of their stories and suggestions are included on the site.

**Mental Health Apps**

**[Smiling Mind](https://www.smilingmind.com.au/smiling-mind-app)**

Smiling Mind offers a unique web and app-based tool developed by psychologists and educators to help bring balance to people’s lives.  Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind.  Our programs are designed to assist people in dealing with the pressure, stress and challenges of daily life. We offer programs for 7 - 9 years old, 10 - 12 years old, 13 - 15 years old and 16 - 18 years old.

**[My Life Stop.Breath.Think](https://my.life/)**

Slay your stress, get more sleep or find your calm with short mindfulness activities tuned to your emotions.Our fun character-based videos teach younger kids the basics of mindfulness, and our engaging Chill Pill activities are great for older kids and adults alike.

[Breath, Think, Do with Sesame](https://www.commonsensemedia.org/app-reviews/breathe-think-do-with-sesame)

Adorable monster de-stresses kids with Sesame Street style.  Kids may quickly make their way through the five scenarios, but each is worth revisiting, especially in the moment if kids are struggling with a particular problem. Don't miss the parent section, which is chock-full of free resources such as tips and strategies (including video clips to watch with kids), as well as options to personalize the encouraging audio messages kids hear when playing the app, which can be played in English or Spanish.  Age 4 plus.

**[Dreamy Kid](http://dreamykid.com/)**

Children have been showing signs of stress, technology-fatigue, and anxiety starting at younger ages. It is a science-based fact that only 10 minutes of meditation is a great life-tool to find inner-harmony and balance amid their busy lives. With DreamyKid, just play it as they fall asleep or awake. They will begin a life-long journey that will centre them with tools for all situations.

**Headspace**

Learn to meditate and live mindfully with hundreds of themed sessions on everything from stress to sleep. Bite-sized meditations for busy schedules and SOS exercises in case of sudden meltdowns. Free trial then monthly or yearly subscription.

[**Headspace**](https://www.headspace.com/) **–** Over 12 years

[Headspace for kids](https://www.headspace.com/meditation/kids) – Under 5’s to 12 years

**Clear Fear**

[clearfear.co.uk](https://www.clearfear.co.uk/)

Clear Fear is an app developed for teenage mental health charity and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions*.*Please note the app is an aid in treatment but does not replace it.