



**St. Cuthbert's**  
Roman Catholic High School

## Mental Health and Wellbeing

There are lots of Apps, websites and organisations that can support you and your mental health during this time.

*Apps:*



*PEAK – Brain Training*

Free Download and Sign Up – includes a new activity each day to improve focus, grammar and maths skills, brain processing speed and memory skills. There are many more that you can discover on your app store!



*Meditation App*

Free download and Sign Up – includes meditation guidance, help with sleeping, relaxation sounds, reducing stress and focus tips.



*The Gutenberg Project*

This app is free to download and contains thousands of classic books for free.

YouTube:

YOGA: Mental Fitness and Flexibility/Core Strength [10 minute](#)

[beginners yoga](#)

[15 minute yoga workout](#)

[10 minute yoga full body stretch](#)

## Breathing Techniques

Take a minute to observe your breathing. Breathe in and out as you normally would: notice the time between each inhalation and exhalation; notice your lungs expanding. When your mind wanders, gently bring your attention back to your breath.

Some websites to help you with your breathing technique:

[NHS Breathing Technique](#)

[Box Breathing Technique](#)

[10 Breathing Techniques](#)

## Where can I turn for help?

### Childline

#### What kind of support?

General Support for under 19 year olds.

#### How to find them?

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

Sign up online for 1-2-1 online chat with a counsellor  
Helpline 080000 11 11 (24/7)



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### Papyrus UK

#### What kind of support?

Hopeline for those dealing with suicidal thoughts

#### How to find them?

Call 0800 068 41 41, Text 07786209697

Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Availability:** 10am-10pm weekdays, 2pm-10pm weekends and bank holidays



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### Mind

#### What kind of support?

General support for mental health.

#### How to find them?

[www.mind.org.uk/information-support/](http://www.mind.org.uk/information-support/)

- Urgent help tool
- Online chat (9am-6pm Mon-Fri, except bank holidays)



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### One You

#### What kind of support?

Support for building an action plan to make better choices and improve wellbeing.

#### How to find them?

[www.nhs.uk/oneyou/for-your-mind/action-plan/](http://www.nhs.uk/oneyou/for-your-mind/action-plan/)



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### Moodjuice

#### What kind of support?

Support for thinking about emotional problems and trying to overcome these.

#### How to find them?

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)



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### Moodzone by NHS

#### What kind of support?

General support for mental health and wellbeing.

#### How to find them?

[www.nhs.uk/Conditions/stress-anxiety-depression/](http://www.nhs.uk/Conditions/stress-anxiety-depression/)



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### UK Safer Internet Centre

#### What kind of support?

Advice on how to get the most out of the Internet whilst staying safe online.

#### How to find them?

[www.saferinternet.org.uk/advice-centre/young-people](http://www.saferinternet.org.uk/advice-centre/young-people)



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