External Support if you are struggling

Apps for Anxiety:

SAM: Self Help for Anxiety

Clear Fear

Online Help: file:///H:/Downloads/anxiety-shg-pdf-final-v7-7th-jan.pdf (NHS Help sheet for Anxiety)

www.studentsagainstdepression.org – self-help sheets and information on anxiety, depression, sleep issues.

Links to online help:

The Mood Gym: A free self-help programme to help with low mood and anxiety. www.moodgym.anu.edu.au

Mood juice: Offers information and advice to those suffering with troublesome thoughts and feelings, printable and various self-help guides on a range of issues.

www.moodjuice.scot.nhs.uk

CCI Health, information packages on depression.

www.cci.health.wa.gov.au

Apps

What's Up? - A free App with self-help and information on depression and anxiety.

Suicidal thoughts

Online:

www.papryus-uk.org

www.nhs.uk/suicide

www.samararitans.co.uk

www.supportline.org.uk

Apps:

Stay Alive

Self-harm support

For ages 14-19 Alumina offers 6 weeks of online help: https://www.selfharm.co.uk/assets/documents/Alumina-marketing-final-leaflet.pd

www.selfinjurysupport.org.uk for girls and young women up to 24.

www.recoveryourlife.com

www.battle-scars-self-harm.org.uk

Apps:

Calm Harm

DistrACT

Eating Disorders

www.beateatingdisorders.org.uk – information about eating disorders and access to online support groups and one to one chat.

Helpfinder.beateatingdisorders.or.uk -find services in your area

www.freedfromed.co.uk

Transgender, non-Binary and genderfluid support:

https://mindlinetrans.org.uk

Parents struggling or worried about your Child:

www.youngminds.co.uk

Parents Helpline: 08088025544-Monday-Friday-9:30-4pm.

Struggling with your Mental Health

www.getselfhelp.co.uk/freedownloads.htm

MIND MENTAL HEALTH: www.mind.org.uk

OCD Action: www.ocduk.org

www.giveusashout.org (UK 24/7 text service free on all major networks and for anyone in crisis)

www.cruse.org.uk

www.samaritans.co.uk

Big White Wall www.nhs.uk is an online community for people who are stressed and/or anxious. The service has an active forum with round the clock support from trained professionals. You can talk anonymously with others and take part in one to one therapy with therapists – for anyone over 16.

Mental Health support tailored for young people

https://youngminds.org.uk/

https://www.studentsagainstdepression.org/

www.kooth.com online free counselling service.

www.jrf.org.uk

www.hopeagain.org.uk

Bereavement Support:

www.cruse.org.uk

www.somersetcommunityconnect.org.uk

For young people bereaved:

thegoodgrieftrust.org

www.winstonswish.org

www.hopeagain.org.uk

Information and help for people affected by Parents drinking:

www.nacoa.org.uk

Be kind to yourself and if struggling then please do seek support.