



Northamptonshire Healthcare
NHS Foundation Trust

CHILDREN AND YOUNG PEOPLE MENTAL HEALTH PACK



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NHS Services

CRISIS:

If you are at risk of self-harm or suicide – the CAMHS crisis team is open 24/7 and can be accessed by calling 0800 170 7055.

Or:

Text Shout to 85258 at any time day or night. [You can find out more by accessing the Give a Shout website here.](#)

If your life is at imminent risk, call 999 for emergency help.

CAMHS

Live chat: Talk to us on [CAMHS live](#) 9am-9pm Monday - Friday.

Text a school nurse - for friendly, helpful advice. This service is designed for 11-19 year olds: 07507 329 600 Monday to Friday, 9am to 4pm.

Phone - the consultation line for parents, carers, young people and professionals is available 9am to 9pm, Monday to Friday on call 0800 170 7055.

USEFUL WEBSITES - CAMHS

www.nhft.nhs.uk/cypmhs-okay

www.nhft.nhs.uk/cypmhs-meh

www.nhft.nhs.uk/cypmhs-not-good

Above websites include crisis contact information, CAMHS contact information, music playlist, self-help tools, powerful social media influencers, patient blogs, relaxing games, YouTube playlists and podcasts

The Lowdown

1:1 counselling – for ages 11-25. To help with abuse, addiction, anger management, anxiety, bereavement, bullying, depression, eating disorders, emotional wellbeing, family and relationship problems, gender identity, loneliness, pregnancy, sexuality, self-esteem, self-harm, stress, suicidal thoughts and feelings.

RE:Start – for ages 16-25. To help you navigate accessing mental health services and assisting with other life difficulties. To find out more, phone: 01604 634385 | email: helenheng@thelowdownnorthampton.co.uk To contact RE:Start team, phone: 01536 518339 | email: sbream@youthworksnorthamptonshire.org.uk

Outreach – offer 1:1 counselling sessions, assembly talks, presentations on mental health and emotional wellbeing, discussion groups, drop-in sessions, emotional wellbeing sessions, activity-based workshops, peer support workshops, bullying and anxiety workshops, LGBTQ advice. For more information, contact 01604 634385, info@thelowdownnorthampton.co.uk

Sexual health – help you to stay safe and make informed decisions. Offer friendly, practical, free and confidential support including: Chlamydia & Gonorrhoea Screening, Condoms, Sexual Health Information, pregnancy testing and next steps.

LGBTQ+ support – youth groups and events for young people up to the age of 25. A space to explore who you are, socialise, meet new friends, talk through difficulties with others who understand, whilst also having fun and joining in with activities. For more information, contact 01604 634385, lgbtqsupport@thelowdownnorthampton.co.uk

Wellbeing resources – self-help resources available to look after your wellbeing. Please visit www.thelowdown.info/wellbeing-resources/

"A safe space to be heard
and understood"

"Non-judgmental"

"Confidence-
boosting"

"Your time"

"Your space"

"Reflective"

"Personal
growth"

"One-to-one"

"Empowering"

"Private & confidential"

WHAT IS COUNSELLING?

COUNSELLING IS A TALKING
THERAPY THAT CAN HELP
YOU FIND WAYS TO DEAL
WITH EMOTIONAL ISSUES

YOU CAN ASK ONE OF OUR TEAM
FOR MORE INFORMATION
OR VISIT WWW.THELOWDOWN.INFO



WALK AND TALK



**Available during our
Espresso Yourself Cafe
every Monday and Friday
4-8pm**

If you are interested, please ask one of
our Cafe Workers

Harper, our Therapy Dog is available to
join your walk!

If you are aged 11-16, parent consent
is required.
This service is weather dependant.



NEW
Starts 3rd November



the
lowdown
supporting young people

DAVENTRY OUT THERE GROUP

for LGBTQ+ young people
aged 13 - 18

WHEN – Thursdays , starts 3rd November
(term time only)

**WHERE – The Mind Building,
Old Gas Works Car Park, Brook Street,
Daventry NN11 9YB**

TIME – 6:30pm to 8pm

CALL – 07507 716106 for more info

WANTED – Staff and volunteers. Contact us for more info.

www.thelowdown.info





OUT THERE

LGBTQ+ Support
Northamptonshire

Northamptonshire LGBTQ+ Services for Young People and their Parents & Carers

**YOUTH
WORKS**

MONDAYS - KETTERING

11-16 year olds Youth Group every Monday 4pm - 5:30pm
For more info go to www.youthworksnorthamptonshire.org.uk
or call 01536 518339



**YOUTH
WORKS**

TUESDAYS - CORBY

14-18 year olds Youth Group every Tuesday 6:30pm - 8pm
For more info go to www.youthworksnorthamptonshire.org.uk
or call 01536 518339



**OUT THERE
YOUTH
WORKS**

WEDNESDAYS - WELLINGBOROUGH

Youth Group for up to 18 years, every Wednesday 6pm - 8pm
For more info go to www.servicesix.co.uk or call 01933 277520



**OUT THERE
YOUTH
WORKS**

THURSDAYS - DAVENTRY (Starts 3rd November 2022)

13 - 18 year olds Youth Group every Thursday 6:30pm - 8pm
For more info go to www.thelowdown.info or call 07507 716106



**OUT THERE
YOUTH
WORKS**

FRIDAYS - NORTHAMPTON

11 - 25year olds Youth Groups every Friday 5:30pm - 9pm
For more info go to www.thelowdown.info or call 07585 737482



**OUT THERE
PARENTS & CARERS**

NORTHAMPTONSHIRE - Parent and Carers Facebook Group:

Follow> The Out There Group Parent and Carers Support Network
Northamptonshire. Includes a Parents and Carers Social, 3rd Thursday of the
month. For more info email lgbtqsupport@thelowdownnorthampton.co.uk

**TAKE A LOOK AT OUR 'OUT THERE SERVICES'
SUPPORTING THE WELLBEING NEEDS OF THOSE
IDENTIFYING AS LGBTQ+ AND THEIR
PARENTS/CARERS.**

**FOR INFORMATION ON HOW TO JOIN,
CONTACT US ON 07585 737482 OR EMAIL
LGBTQSUPPORT@THELOWDOWNNORTHAMPTON.CO.UK**



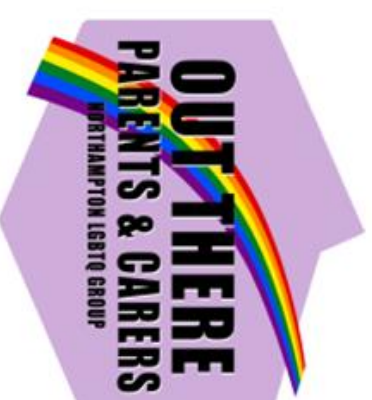
**OUT THERE JUNIORS GROUP – EVERY FRIDAY
SCHOOL YEAR 7, 8 & 9 : 5:30PM – 7:30PM
SCHOOL YEAR 10, 11, 12 & 13 : 7PM – 9PM**
For any young person who identifies as LGBTQ+. The aim of this group is to provide members with a safe and confidential space to socialise, meet like-minded people, discuss issues and participate in lots of fun activities.



OUT THERE PLUS GROUP – EVERY FRIDAY 7PM-9PM
For any young person aged between 18 and 25 who identifies as LGBTQ+. The aim of this group is to provide young people with a safe and relaxing environment to explore their identity and socialise with other LGBTQ+ people.



OUT THERE PEN PALS
Through the Out There Pen Pal Scheme we match up LGBTQ+ young people (under 18's) with similar interests and encourage them to be creative and build lasting friendships with like-minded people. All letter content is moderated by the Out There Team.



OUT THERE PARENTS AND CARERS SUPPORT
The Parents and Carers Support Group is for parents and carers of LGBTQ+ young people to connect, share experiences and offer and receive support. You can also join the Facebook group by searching for "Out There Group Parent and Carers Support Network Northamptonshire".



OUT THERE FAMILY SWIMMING CLUB
This is a new gender neutral swimming club set up for LGBTQ+ young people and their families. To sign up or get more information, please contact our LGBTQ Coordinator by emailing LGBTQSUPPORT@THELOWDOWNNORTHAMPTON.CO.UK

ABOUT THE LOWDOWN

the lowdown is a mental health charity providing free and confidential support services for 11-25 year olds in Northamptonshire. Our services include counselling, wellbeing drop-ins, LGBTQ+ support, practical support and sexual health. We aim to provide a caring environment supporting young people on their journey towards positive emotional health and wellbeing. Charity No: 1197273

ABOUT OUR LGBTQ SERVICES

ABOUT OUR LGBTQ SERVICES

"Out There has helped me make new friends I know I'll have for life and accept myself for who I am and understand my identity more. Everyone at the group is so accommodating and accepting and it's such a safe space to be in."



HOW TO JOIN ONE OF OUR GROUPS:

Call: 07585 737482 Email:

LGBTQsupport@thelowdownnorthampton.co.uk.

We can provide advice and guidance to schools and colleges looking to set up their own LGBTQ+ group for students. If this is something you're interested in and would like more information, please contact

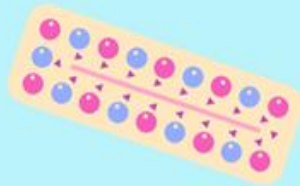
LGBTQsupport@thelowdownnorthampton.co.uk

the lowdown is a registered charity: 1197273



Find out what support is available for LGBTQ+ young people in Northampton and the surrounding areas.

SEXUAL HEALTH SERVICE



CHLAMYDIA & GONORRHOEA SCREENING
CONDOMS

SEXUAL HEALTH INFORMATION
PREGNANCY TESTING AND NEXT STEPS
for 14 - 25 year olds

EVERY MONDAY AND FRIDAY EVENING
5 - 8 PM

@the lowdown, 3 Kingswell St, NN1 1PP

FOR MORE INFORMATION GO TO OUR WEBSITE
WWW.THELOWDOWN.INFO



The Lowdown



VISIT FOR MORE INFORMATION

www.thelowdown.info

CONTACT:

01604 634385

info@thelowdownnorthampton.co.uk

The Lowdown

3 Kingswell Street (off Gold St)

Northampton

NN1 1PP

Service Six

The Opal Project – for ages 10-18. Offers emotional and mental health support programmes which are bespoke to young people's needs. For example, one-to-one support, wellbeing group work, peer support, mental health mentoring programme, awareness raising events. For more information contact eferrals@servicesix.co.uk

TARGET Project – stands for Targeting And Reducing Grooming, Exploitation and Trading of Children and Young People Online. Provides emotional support and protective behaviours for incidents that have happened online. For more information, contact frejja.montali@servicesix.co.uk

Streetwise – provide positive and meaningful activities to support young people in developing behaviour for learning and tackling issues in areas of their lives that may prompt negative behaviour. Service Six also provide a wide range of free, regular and seasonal positive activity programs, including Kidz Club, Youth Clubs and FISH (Fun In The School Holidays).

Counselling for anxiety – offer 1:1 counselling, Support Plus and nurture groups, to conquer unwanted fears. Learn life skills, tools, techniques, and coping mechanisms, to help reframe negative thoughts.

Support with bullying – offer 1:1 support – explore feelings and encourage you to gain resilience and understanding of other people's issues. Programme tailored to suit the needs of the individual, and work on solutions and life skills to help you cope with your emotions now, and in the future.

Talking Therapies for depression – offer a safe place where you can talk to a trained professional, in confidence about your feelings and concerns. We will match you to the right practitioner or counsellor in the program that fits your needs. (You don't need a referral from your GP - anyone can refer to us).

Service Six



VISIT FOR MORE INFORMATION

www.servicesix.co.uk

CONTACT

01933 277520

referrals@servicesix.co.uk

Service Six

15 Sassoon Mews

Wellingborough

Northamptonshire

NN8 3LT

Youth Works Northamptonshire

Youth Works Community College – an Independent School offering alternative education for year 10 & 11 students not thriving in mainstream education. You can be referred by a school professional, or member of the Educational Inclusion Partnership team.

Counselling and Emotional Wellbeing support – provides an opportunity to talk about problems and feelings in a safe, confidential environment. Help with anxiety, depression, self-harm, eating disorders, bereavement, abuse, bullying, low self-esteem, relationship problems.

Mental health drop in support – A mental health service for 11-18 year olds in Northamptonshire. Can get support and advice as well as someone to talk to.

Youth Activities:
Holiday Club, Circus Skills, Street Dance, Dodgeball

Sexual Health Advice Kettering & Corby – Youth Works' drop-in service is an informal, friendly, 'one stop shop' for young people aged 14 and above to access a range of confidential services, including:

- Information – including printed leaflets and documents that you can take away with you.
- Advocacy – to help you make your voice heard
- Guidance and support – provided by trained staff and volunteers
- Sexual health services, including:
 - Free condoms
 - Chlamydia screening
 - Pregnancy testing

LGBTQ support – 'Hide and Seek' is an award-winning youth group for young people who identify as LGBTQI+ or those who are questioning their sexual orientation or gender identity. The group is open to young people aged between 11 and 18 to socialise and take part in various activities and events.

SEND Social Group – A social group for young people aged 11 to 14 with autism, ADHD or Asperger's syndrome. For more information, email rfletcher@youthworksnorthamptonshire.org.uk or call 01536 518339.

SHACK

SEXUAL HEALTH ADVICE CORBY KETTERING
01536 518339



UNDER 24 YEARS OLD?

FANCY SOME FREE CONDOMS?

WANT SOME RELATIONSHIP ADVICE?

JUST DROP IN!

FREE AND CONFIDENTIAL!

**SOCIAL DISTANCING
WILL BE ADHERED
TO WHILST
OPERATING THIS
SERVICE**

TUESDAYS 5-7PM:

CORBY MIND, 8 ARGYLL STREET, CORBY NN17 1RU

THURSDAYS 5-7PM:

KEYSTONE, 97 ROCKINGHAM ROAD, KETTERING NN16 9HX

**FREE
STI
TESTING!**





CHECKED YOUR

SEXUAL HEALTH

LATELY?

CONDOMS
CHLAMYDIA TESTING
PREGNANCY TESTING
AND SO MUCH
MORE...



New Confidential SMS service

Chat C-card



@gettestednpton



@sexualhealthnorthants

0 7 5 1 9 2 9 3 4 1 0

TEXT (Mon-Fri)

OPEN during School Holidays!

Sexual Health, HIV and Contraception
Services are here for you:

 Appointments:

Northampton: 01604 609766

Kettering: 01536 410647

Under 25? Got a question?

Sex & Relationships

Condoms

Pregnancy Testing

Contraception

Emergency Contraception

STI Testing

We will not inform your parents or anyone else if you contact this service, unless we are concerned about your safety and would usually speak to you first. Your messages are stored and seen by healthcare staff who follow the same confidentiality rules. We aim to reply within one working day. If you need urgent help, contact your doctor. Our text number does not receive voice calls or MMS picture messages. Text

CIRCUS SKILLS!



**EVERY MONDAY 6-7PM
FAMILIES AND YOUNG PEOPLE
WELCOME!
£1.50 PER PERSON
USE THE QR CODE TO REGISTER!
OR SIMPLY TURN UP**



**THE WILLIAM KNIBB CENTRE
MONTAGUE STREET
KETTERING
NN16 8AE
01536 518339**



**YOUTH
WORKS** ✓

Youth Works



VISIT FOR MORE INFORMATION

www.youthworksnorthamptonshire.org.uk

CONTACT

01536 518339

Complete Contact form on:

www.youthworksnorthamptonshire.org.uk/contact-us/

Espresso Cafe

**Please see below leaflet with details
for each Espresso Café.**

MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

If you find yourself needing support, we're here to listen and help in your time of need.

Book an appointment by calling the numbers provided or drop in during our opening times.



Monday & Friday 4pm - 8pm

the lowdown, 3 Kingswell Street,
Northampton, NN1 1PP
01604 634385

Tuesday 4pm - 8pm

Youth Works at Corby Mind,
18 Argyll St, Corby, NN17 1RU
01536 518339

Wednesday 4pm - 8pm

CHAT Youth Counselling,
Souster Youth Building,
30 Market Road, Thrapston,
NN14 4JU
01832 274422

Thursday 4pm - 8pm

Youth Works, 97 Rockingham Rd,
Kettering, NN16 9HX
01536 518339

Saturday 10am - 2pm

Service Six, 15 Sassoon Mews
Wellingborough NN8 3LT
01933 277520

Saturday 12pm - 4pm

Time 2 Talk, The Abbey,
Market Square, Daventry,
NN11 4XG
01327 706706



Northamptonshire Healthcare
NHS Foundation Trust



Service Six

Changing Lives - Creating Futures



RE:Start Programme

Please see below leaflet for details.

RE:Start

Mind | Focus | Future

Helping 16-25 year olds move forward
on their mental health journey.



Are you...

Aged 16-25 and living in Northamptonshire?


*Have you worked with CAMHS
(Child and Adolescent Mental Health Services)?*


*Do you feel you need to get the right support
with your mental health?*


Do you need some practical support to help you to move forward?


If so, we may be able to help.


Please contact the RE:Start team on:

 www.youthworksnorthamptonshire.org.uk

 www.thelowdown.info

 01536 518339

 01604 634385

 restart@youthworksnorthamptonshire.org.uk

NHS

Northamptonshire
Clinical Commissioning Group

**YOUTH
WORKS** 



Community Courtyard

The Yard – A space where people start conversations that bring people together to:

Listen, learn and develop,
Learn, play and laugh,
Grow, cook and eat,
Create, make and work.

Youth & Community Clubs

– gaming, crafting, storytelling, reading and many more.

Yard Lock-in – a fun and safe space for people to come and use.

Creative counselling – uses the arts as a tool with talking therapy. It is proactive in its approach allowing the client the opportunity to express their emotions creatively in order to manage their mental health and wellbeing.

Alternative education – The focus for this programme is students: who will be transitioning from primary to secondary reluctant learners or those who are in crisis, vulnerable, or at risk of exclusion. The Story of Us utilises a creative approach to programme content, focusing on gaming, crafting and storytelling as a strategy for reconnecting young people to positive learning techniques.

Youth & Community Clubs – gaming, crafting, storytelling, reading and many more.

Community Courtyard

Youth work:

Legends to Leaders: This project supports young people to set direction and inspire others young people design and direct the activities of a group enabling them to shape policy and decision making. They engage, listen, support, and represent with integrity.

Storytelling is a way to share and learn ideas, values and practices. Storytellers remember something of their life or of the life of others; the listeners can relate to the story and retell it, maybe adding a little of their own experience.

Hoodies are Goodies - Challenging the socially constructed narratives that exist through social education, innovation, and creativity. Creating safer and connected communities where young people have an authentic voice.

Yard Talk is a podcast which brings together young people, community members and professionals to explore narratives on a series of issues, It creates mini series on a variety of issues led by young people and community members.

Community Courtyard

Youth work:

Game Against Gangs: This project raises awareness through identifying & exploring dangers of risk-taking behaviours / gang culture. It increases motivation for change through appropriate interventions which examines factors for modifying, amending, and transforming behaviours

Guerrilla Gardening is the process of young people transforming an area with flowers, greenery or vegetables provides young people with the chance to take responsibility for their community.

Youth club: An online youth club for 12 - 16-year-olds. Young people use the online space to hang out, meet friends and chat with youth workers. They take part in discussions, activities in a safe space.

Community Circles are people powered community organising. Working relationally to create social change.

Community Courtyard



VISIT FOR MORE INFORMATION

www.communitycourtyard.org

CONTACT

WhatsApp 07720609380

Detached Team 07925730772

The Yard 01604 639545

Community Courtyard

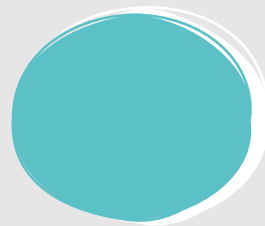
62 Gold Street

Northampton

NN1 1RS

Time2Talk

Counselling: Time2Talk can offer free counselling to anyone between the ages of 11-18, and up to 25 with a special education need, who are from the Daventry District or South Northamptonshire areas. Counselling is by appointment only and can be arranged simply by phoning 01327 706706. Please be aware, there is a waiting list.



Time2Talk

VISIT FOR MORE INFORMATION

www.time2talk.org.uk

CONTACT

01327 706706 – 24 hours

info@time2talk.org.uk

Time2Talk

The Abbey

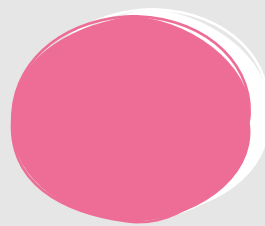
Market Square

Daventry

NN11 4XG

CHAT Youth Counselling

Confidential support and advice from qualified professionals through 1-2-1 Counselling or Therapeutic Mentoring (using clay/textiles etc) whichever enables you to best explore your emotions and feelings. If you are aged between 9-25 years of age, contact them by email, or by telephone. They will guide you through everything you will need to do.



CHAT Youth Counselling



VISIT FOR MORE INFORMATION

www.chatyouthcounselling.org.uk

CONTACT

01832 274422

info@chatyouthcounselling.org.uk

The Courthouse

Mill Road

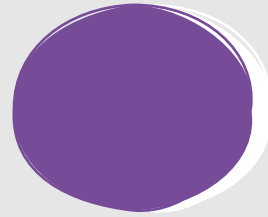
Oundle

Peterborough

PE8 4BW

MIND Northamptonshire

Depending on your local Mind, there are activities such as arts and crafts, coffee club, cookery, drop-in, Fresh Minds, gardening, interaction skills, life skills, knitting and crochet, laughter yoga, music and singing, quizzes and puzzles, walking mindfully, armchair exercise, breathing mindfully, poetry, self-esteem peer group, confidence group, wheezy walking, counselling and wellbeing courses.



MIND Northamptonshire



VISIT FOR MORE INFORMATION

www.northamptonshiremind.org.uk

CONTACT

For general enquires: enquiries@northamptonshiremind.org.uk

Corby

Address: 18 Argyll St, Corby NN17 1RU

Phone: 01536 267280

Daventry

Address: Brook Street, Old Gas Works Car Park, Daventry
NN11 4GG

Phone: 01327 879416

Northampton

Address: 6, 7 Regent Sq, Northampton NN1 2NQ

Phone: 01604 634310

Rushden

Address: Phoenix House, Skinner's Hill, Rushden NN10 9YE

Phone: 01933 312800

Wellingborough

Address: 14 Havelock St, Wellingborough NN8 4QA

Phone: 01933 223591

Anna Freud National Centre for Children and Families

Managing social media:

Booklet available to download that highlights key social media issues and offers advice on how to minimise the impact of social media on your mental health.

Dealing with loss and bereavement:

videos and signposting to multiple charities that offer support.

AFC Crisis

Messenger: 24/7 text support for young people across the UK. Text AFC to 85258.

LGBTQ+ mental health:

supporting lesbian, gay, bisexual, trans and intersex young people. A booklet is available to download online.

<https://www.annafreud.org/on-my-mind/lgbtqi-mental-health/>

Self-care: A booklet is available to download online of strategies to help if you are feeling low or anxious whilst self-isolating.

www.annafreud.org/on-my-mind/self-care/

Know your rights: No matter how old you are, who you live with or what your experience with mental health is, you deserve to be treated fairly and given the same rights as everyone else.

Anna Freud National Centre for Children and Families



Anna Freud
National Centre for
Children and Families

VISIT FOR MORE INFORMATION

www.annafreud.org/on-my-mind/

The Never Alone Project

Socialising: One of the aims is to reduce the isolation that bereaved children so often feel. Using the help of the local community to offer social outings to promote well-being. Outings include bowling, mini golf, laser maze, trampolining etc.

Therapeutic Group Sessions for Children: Offer a variety of therapeutic group sessions to bereaved children. Sessions include activities such as art therapy, creating memory boxes, mindfulness techniques and more.

Offer one-to-one support, group sessions and social events for children.



The Never Alone Project



VISIT FOR MORE INFORMATION

www.tnap.co.uk/

CONTACT

01933 588 009

hello@tnap.co.uk

Student Minds

Student Minds is the UK's student mental health charity.

They empower students and members of the university community to look after their own mental health, support others and create change.

Support is available with cost of living.

Online resources are available with detailed information on different challenges that university life can bring.

Student Space is here for you through the uncertainty of student life. Access free 24/7 support including tips, resources, and student stories.

- Text message support – text SHOUT to 85258
- Webchat support – www.studentspace.org.uk/support-services/webchat-support
- Phone support – free call on 0808 808 4994
- Email support – students@themix.org.uk

Student Minds

student
minds

VISIT FOR MORE INFORMATION

www.studentminds.org.uk/

www.studentspace.org.uk/

CONTACT

0113 343 8440 (please leave a voicemail with
your name and contact number)

info@studentminds.org.uk

Beat Eating Disorders

UK's eating disorder charity.

Whether you need 1-2-1 emotional support, want to connect with others or to learn new skills, Beat's range of support services can help.

Get free telephone support for friendly, non-judgmental advice regarding an eating disorder.

Beat offers a range of online support services including one-to-one and group chat. Find the one that's right for you [here](#).

Beat Eating Disorders



VISIT FOR MORE INFORMATION

www.beateatingdisorders.org.uk/

CONTACT

Helpline: 0808 801 0677

help@beateatingdisorders.org.uk

Helplines

Papyrus

0800 068 4141

www.papyrus-uk.org

Prevention of Young Suicide (Papyrus) is dedicated to the promotion of positive mental health and prevention of suicide in young people.



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Young Minds

Text YM to 85258, (0808 8025544 Parent Helpline)

www.youngminds.org.uk/

Free 24/7 text support for young people answered by trained volunteers with support from experienced clinicians.



The Mix

0808 808 4994

www.themix.org.uk

Emotional support helpline for under 25's and 1-2-1 chat



Apps



TellMi (formerly MeeToo)

A safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem. Moderators check everything to keep you safe and in-house counsellors are always on hand if you need extra support.



Calm Harm

A free app that helps you manage or resist the urge to self-harm.



Calm

Meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions to help you manage anxiety, lower stress and sleep better. 10-minute guided video lessons on mindful movement and gentle stretching.



Headspace

Guided Meditations and Mindfulness. Keep "calm and focused" through short meditation exercises. Fall asleep and wake up peacefully.



MindShift

Helps young adults cope with anxiety by acting as a portable coach that guides users through challenging situations. Teaches how to relax and helps them identify active steps to directly face and take charge of their anxiety.



Smart Tales – STEM learning

Educational app full of interactive and animated stories that teach STEM subjects through narratives.



Smiling Mind

Helps people with pressure, stress, and challenges of daily life.



Breathe, Think, Do with Sesame

Learn to deal with frustrating situations using the "breathe, think, do" method. Develop resilience as you overcome frustrations and challenges. Learn skills such as problem-solving, self-control, planning and perseverance.



Mindful Powers

Mindfulness app aimed at children aged between 7 and 10. Guided stories lead children towards calmness and focus while a timer option helps them to apply what they have learned to real life.



Children's Bedtime Meditations

The gentle stories, soothing music and soft sounds are designed to calm and distract the mind so that children can drift off to sleep naturally.



For Me

Provides help and guidance for those that need it, both within the app and through easy connection to a counsellor.



The Zones of Regulation

Guides children through emotions and how to deal with them. The intention is to take children through the negative emotions into the calm and content ones.