

General support for your mental health...

www.childline.org.uk

Great for online advice, support and information. You can call free on **0800 1111** if you need to talk to someone.



www.samaritans.org

The Samaritans have people on the end of the phone- night and day – to talk to you about any worries or concerns that you may have. You can call for free (from any phone) at any time to speak to someone. Their number is **116 123**

[Crisis Text Line](#)

24/7 crisis support for people under 25. Text **'THEMIX'** to **85258**. A trained volunteer will text you back. (They aim to respond within 5 mins.)

thelowdown.info (**Currently closed for 14 days but look on their website for updates**)

The Lowdown is a support service for young people (12-25 year olds) in Northampton. They offer a free and confidential 'drop in' service six days a week to children and young adults in distress or experiencing crisis.

Address:

The Lowdown

3 Kingswell Street (off Gold St)

Northampton NN1 1PP

Tel: **(01604) 622223**

youngminds.org.uk

'Young Minds' is the UK's leading charity committed to improving the wellbeing and mental health of children and young people. There is help and advice on this website for coping with all sorts of mental health issues.

www.moodjuice.scot.nhs.uk

A site that offers self-help resources and information for a range of mental health issues.

www.asknormen.co.uk

This is Northamptonshire's mental health gateway. The site gives information on mental health issues and there is a link to **CAMHS LIVE**. This is a service for young people 13 years and older. A member of the team talks with you online, without judgement, to understand your worries, questions or issues. They can help you find the right kind of help you need and help you access it in the best way for you. If you need to be referred for further support, they can talk to you online or on the phone to make that happen.



www.kooth.com

Online counselling service for teens. Free to register – safe and anonymous

selfharm.co.uk

This website has stories, questions and information about self-harm. You can also join 'Alumina' - an online based support group for young people between 14-18.

papyrus-uk.org

The UK charity for the prevention of young suicide. They have Hopeline UK – for confidential support and advice.

Call: **0800 068 4141** Text: **07860039967** Email: pat@papyrus-uk.org

[Support for Parents, Guardians and Carers at FamilyLives.org.uk](http://FamilyLives.org.uk)

Helpline offering support for all aspects of family life – **Tel: 0808 800 2222**

[Apps that can help support mental health...](#)

Smiling Mind

Smiling Mind is modern mindfulness meditation app . Its programs provide children and adults with the mindfulness tools needed to develop a healthy mind. It helps you look after your mental health through a series of short mindfulness exercises. You can pitch into a program that is appropriate for your age group and can start with just 10 minutes a day.



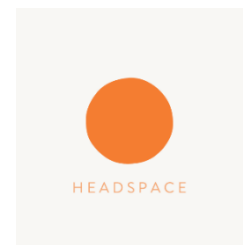
Calm

Calm is an app designed for mindfulness and meditation for teenagers. Even if you've never done any meditation before, Calm's guided meditations will walk you through it. They also have breathing programs, relaxing music, and sleep stories. Recommended by top psychologists.



Headspace

Headspace is the app known as 'a gym membership for the mind' used by millions of people all over the world. Using proven meditation and mindfulness techniques, Headspace helps its users to train their minds, to experience benefits including less stress, better sleep, focus and improved relationships.



Superbetter

This is a game! It was developed after its creator experienced her own period of challenge following a brain injury. It's designed to help build social, mental and emotional resilience and is backed by scientific research.



