

Useful Apps and Websites

- **Hub of Hope App** – free to download app that provides services local to the client. If you are a service or know of a service that isn't represented on the app, please do submit the details via the online form. Also offers a crisis messenger service.
- **Samaritans** – available 24/7 365 days a year. Free confidential support for all.
- **The Mix** – www.themix.org.uk -provides information on a range of issues including mental ill health, drugs, sexual health, alcohol. The site is aimed at U25's.
- **Campaign Against Living Miserably** – www.thecalmzone.net – this is a website aimed at reducing male suicide and stigma of mental ill health in males. It offers a confidential helpline alongside webchat.
- **YM Text Crisis messenger service** **If you are a young person struggling to cope, text YM to 85258 for free, 24/7 support.**
- **Young Minds**– www.youngminds.org.uk general mental health awareness to help support yourself or someone else.
- **TheCalmZone.net** – male specific support
- **Papyrus** – Support for those feeling suicidal, worried about someone who is suicidal, or for those who have been bereaved by suicide. Also offers a helpline called the 'HopeLine' that can talk to you if you are struggling or wanting to know how to support a friend.
- **Childline.org.uk** – support for young people in emotional distress
- **NHS** – <https://www.nhs.uk/conditions/stress-anxiety-depression/> providing information on common mental health concerns including dealing with anger, exams etc.
- **Head Talks** - www.headtalks.com providing videos discussing all aspects of mental illness and recovery.
- **CALM HARM App** – created by STEM4, this award-winning app is free to download and is designed to be used by young people who are self-harming. The APP is designed to reduce the level of self-harm and even prevent an episode of self-harm by providing delay tactics when the young person has the urge. Though designed for teenagers, there is no reason it can't be used by adults.
- **Stay Alive app** – provides support for those worried about someone who is suicidal alongside support for individuals who are suicidal or at risk of suicide. The app has a space to create a safety plan to refer to if feeling suicidal alongside links to organisations that can provide support.
- **Clear Fear App** – an app designed for young people who are struggling with anxiety. Gives tools and tips on managing symptoms.
- **The Happy Self Journal** – a physical journal you can buy for £20 that encourages writing about your emotional health. There is one for U12's and one for 12-18's.
- **Alumina** - <https://www.selfharm.co.uk> Alumina is a free, online 7 week course for young people struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just join in via the chatbox.
- **MeeToo App** - The MeeToo app allows you to talk anonymously about difficult things with other people of a similar age or experience. You can get help with your problems or use your experiences to help others. The app is a safe space where all posts and replies are checked before going live so there is no harassment, bullying or grooming. Featured on the NHS App library.




Discover simple steps to look after your mental health

Search every mind matters

every mind matters



ALUMINA

**Relationships?
Depression?
Self-harm?
Exams?
Addiction?**

A crisis looks different for everyone.
Text SHOUT to 85258 for 24/7 support.

shout



CALM HARM

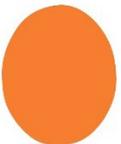
stemming teenage mental illness
supporting teenage mental health



PAPYRUS
prevention of young suicide

HOPELineUK 0800 068 41 41

CAMPAIGN AGAINST LIVING MISERABLY CALM



HEADSPACE®



#StayAlive

TALK TO US

If things are getting to you

Talk to us any time you like, in your own way – about whatever's getting to you.

116 123 FREE
This number is FREE to call

jo@samaritans.org

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