



Mental Health and Wellbeing

Useful websites – information and support

[YoungMinds - children and young people's mental health charity](#)

[Childline | Childline](#)

[The Mix - Essential support for under 25s](#)

[Believe in children | Children's charity | Barnardo's](#)

[About us \(annafreud.org\)](#)

[Mind | Mind, the mental health charity - help for mental health problems](#)

[Understanding my feelings | Mind, the mental health charity - help for mental health problems](#)

[Staying virtually connected - NeuroLove](#)

<https://chimpmanagement.com>

Liverpool Children and adolescent Mental health services (CAMHS)

[Home - Liverpool CAMHS](#)

[Young Person's Advisory Service – Young Person's Advisory Service \(ypas.org.uk\)](#)

[Home - Kooth](#)

[RAISE Mental Health Promotion Team - Liverpool CAMHS](#)

School nurse

[Our services School Health Team - Sefton \(nwbh.nhs.uk\)](#)

Video call service [Online school nurse drop in - High School \(1\).docx](#)

NHS Sites

[MindWell | MindWell \(mindwell-leeds.org.uk\)](#)

[Children and young people's mental health services \(CYPMHS\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Depression in children and young people - NHS - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Covid information

[Coping with Changes | Childline](#)

[Coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Coronavirus \(COVID-19\): guidance and support - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

[Coronavirus resources | STARS Team](#)

Specific Resources

Healthy Habits

Food:

[How the food you eat affects your brain - Mia Nacamulli - YouTube](#)

tinyurl.com/h6rulyh

[What is The Eatwell Guide - YouTube](#)

Being active

tinyurl.com/gunpu9m

Sleep:

[Sleep Foundation](#)

[Sleep Health Topics | National Sleep Foundation \(thensf.org\)](https://www.sleepfoundation.org)

tinyurl.com/hxq4ccc

Feelings and thoughts

[Coping with anxiety | Childline](#)

[Your feelings | Childline](#)

[Anger | Childline](#)

Useful videos

Loneliness

<https://youtu.be/WuXqiTF-wGo>

Sad

<https://youtu.be/HAOvYrziZCI>

Social anxiety

<https://youtu.be/lzhiFMnEGtM>

Anxious sad or depressed

<https://youtu.be/HAOvYrziZCI>

Mental Health

[We all have mental health!! on Vimeo](#)

Stress

[Coping with Stress on Vimeo](#)

Stress bucket

https://youtu.be/5hs6FwHuM_o

Fight and flight

<https://youtu.be/01KFoSPYmMM>

Your thoughts

[You are not your thoughts! on Vimeo](#)

stress and anxiety

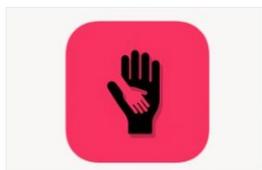
https://youtu.be/pvM_TtQigDU

OCD

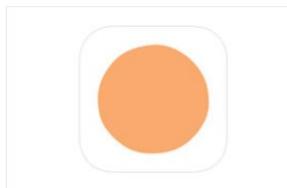
[Homepage | OCD Action](#)

[OCD \(youngminds.org.uk\)](http://OCD(youngminds.org.uk))

Useful apps for stress, anxiety, low moods



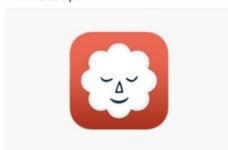
What'sUp?



Headspace



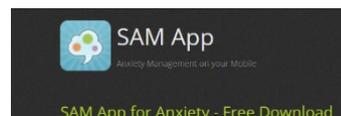
Every mind matters



StopBreatheThink



MoodTools



SAM App for Anxiety - Free Download



Stressheads App - Stressheads turns your phone into a stress killing machine.
Flowy App - A mobile game designed to help manage panic attacks and anxiety.



MindShift App - Designed to help teens and young adults cope with anxiety.



Pacifica App - Daily tools for stress and anxiety alongside a supportive community. Based on Cognitive Behavioural Therapy and Meditation.



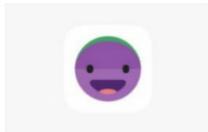
Breathe2Relax App - An app developed for stress management. It walks users through breathing exercises that help to reduce stress, stabilize mood, control anger, and manage anxiety. stressed or anxious.



Moodkit App - Designed to help people with anxiety or depression improve their mood.



T2moodtracker App - Allows people with anxiety, brain injury, depression, post-traumatic stress, or stress to monitor their moods and their general well-being.



Daylio

Daylio



Clear Fear



Chill Panda

Preventing Suicide

[Samaritans](#) | [Every life lost to suicide is a tragedy](#) | [Here to listen](#)

[Home](#) | [Papyrus UK](#) | [Suicide Prevention Charity \(papyrus-uk.org\)](#)

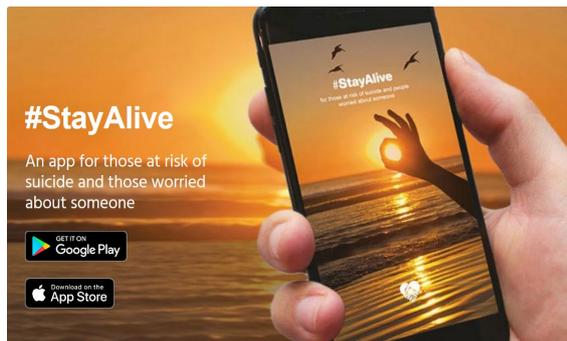
Coping with suicidal feelings video

<https://youtu.be/vFJeRUgqT9Y>

[HOPEBOX resource \(papyrus-uk.org\)](#)- create a hopebox

[HOPELINK](#) | [Papyrus UK](#) | [Suicide Prevention Charity \(papyrus-uk.org\)](#)- create a safety plan

Useful app



Eating Disorders

[Beat | The UK's Eating Disorder Charity \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)

[Alder Hey Eating Disorder Service for Young People \(EDYS\) \(liverpoolcamhs.com\)](http://liverpoolcamhs.com)

Useful videos

<https://youtu.be/NAHZQe41sBk>

<https://youtu.be/tbhlA8p5qeM>

<https://youtu.be/d8YflJ31dcw>

https://youtu.be/vwe_M5UQRpg

Body Image

<https://www.youtube.com/watch?v=A4dAGn1wj>

Bullying

[BullyBusters | Kids](#)

[Anti-Bullying Alliance | United against bullying \(anti-bullyingalliance.org.uk\)](http://anti-bullyingalliance.org.uk)

[Racism and racial bullying | Childline](#)

Racism Videos

<https://youtu.be/gYGMALNZBGo>

https://youtu.be/OxAEptvO_jg

<https://youtu.be/WHmIYaNIq>

Bullying Videos

6 things to do if you are being bullied

https://youtu.be/siFPHXxYCZI_5

3 top tips if you think someone is being bullied

<https://youtu.be/uMqLq8iOURE>

<https://youtu.be/9HocoOvvUDY>

Domestic Abuse

[Home | The Hide Out](#)

[Venus Charity | Empowering, promoting and supporting women, young women and their families](#)

[Home - Women's Aid](#)

[Refuge Against Domestic Violence - Help for women & children.](#)

Useful video

<https://youtu.be/pWaGU4KBF7Q>

https://youtu.be/5u1K-JdBLUk?list=PLs7Iss1qSCRJA8Ba_1CWOLPqEm9iU1as5

Useful app

Bright sky [Bright Sky | Hestia](#)



Bereavement

[Child Bereavement UK](#)

[Winston's Wish - giving hope to grieving children](#)

[Activities for bereaved children and young people | Winston's Wish](#)

[Grief and loss \(youngminds.org.uk\)](#)

[Memory-Box-Winstons-Wish.pdf](#)

<https://www.ataloss.org/>

<https://rainbowsgb.org/>

[Hope Again About Us — Hope Again- Cruse](#)

Useful video

<https://youtu.be/o-7c74-pUlk>



Rainbows- bereavement group available in school

Rainbows in Maricourt. The learning mentors and chaplain lead a programme in school called Rainbows. This programme takes place over a 12-week period and students work in a group to examine and process the losses they have experienced. Rainbows helps build self-esteem, trust, confidence, resilience and promotes positive emotional/mental development. It is a great programme and students who have completed the programme have really enjoyed being part of it. For more information, speak with the learning mentors and the chaplaincy who would be happy to help.

Relationships/Sexuality

[Sexuality | Childline](#)

[Healthy and unhealthy relationships | Childline](#)

[GYRO- LGBTQ+ Youth \(YPAS\) - Liverpool CAMHS](#)

[Homepage - Mermaids \(mermaidsuk.org.uk\)](#)

Useful videos

<https://youtu.be/Zw6KwsU6pSo>

<https://youtu.be/mVctnwZmrbg>

https://youtu.be/jM_2hiSikAQ

[instructions-for-safety-plan.pdf \(childline.org.uk\)](#)

Disability or Learning Differences

[Disability | Childline](#)

[Dyslexia and learning disability | Childline](#)

[Autism | Childline](#)

[Autism Support Service | STARS Leeds \(starsteam.org.uk\)](#)

[National Autistic Society - Autism support - leading UK charity](#)

[ADHD Foundation](#)

Useful video

<https://youtu.be/outIKafo1Ww>

Revision

[Preparing autistic children and young people for exams \(autism.org.uk\)](#)

[SparkNotes: Today's Most Popular Study Guides](#)

[Meet the Mind Set - BBC Bitesize](#)

[Revision techniques from BBC Bitesize - BBC Bitesize](#)

[Revision help and tips | The Student Room](#)

[How to make great flashcards and revision cards | The Student Room](#)

Go follow Mr Harkin on Youtube for help with English

Useful app- BBC bitesize



Young carers

[Young carers | Childline](#)

[Young Carers \(sefton-carers.org.uk\)](http://sefton-carers.org.uk)

[Young carers \(youngminds.org.uk\)](http://youngminds.org.uk)

Useful video

<https://youtu.be/kdvd-R2b6YA>

Self-harm

[Self-harm | Childline](#)

[Self Harm - Liverpool CAMHS](#)

[LifeSIGNS | the user-led self-harm small charity](#)

Video links

<https://www.youtube.com/watch?v=gTrqehlFz1w&t=6s> – a young person's journey

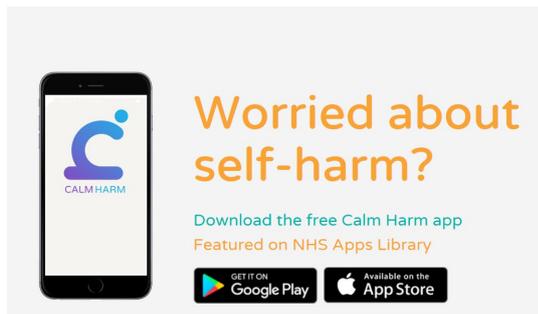
<https://www.youtube.com/watch?v=b4cPCcJ6o88> – a parent's journey

<https://www.youtube.com/watch?v=uKGciUB8OSg> – responding to self-harm

<https://www.youtube.com/watch?v=kT5cr-HTTEQ> – things can change

<https://www.youtube.com/watch?v=8U8HyftKH1Q> – Russell brand

Useful apps



Worried about self-harm?

Download the free Calm Harm app
Featured on NHS Apps Library

GET IT ON
Google Play

Available on the
App Store



Elefriends

DRUGS

[Drugs | Childline](#)

[Honest information about drugs | FRANK \(talktofrank.com\)](#)

Useful videos

https://youtu.be/5ASKyLdSa_E

<https://youtu.be/47FjwbwmGl8>

Tools

General videos

[CAMHS films Archives - Liverpool CAMHS](#)

[Free UK Homeschool Learning Resources | ClickView](#)

[Miniclips: Wellbeing - ClickView](#)

▶ ClickView



Youth Groups

Youth Groups: <https://www.animateyouth.org>

<https://www.youth2000.org/>



The Star Centre address is 98b Linacre Lane, Bootle L20 6ES.

Young people can drop in Mondays and Wednesdays from 3.00-7.00pm for information, support and advice. We hold a parent's support drop in on Mondays from 1pm - 3pm and on Tuesdays from 5.15pm - 6.45pm we facilitate our LGBTQ drop in and support group. One to one and group therapeutic sessions are delivered throughout the week and on Saturdays.

For more information about the Star Centre give us a call on 0151 474 4744.

A graphic with a blue background and colorful geometric shapes (red, yellow, green) at the corners. It lists online group delivery sessions for YPAS (Young Person's Advisory Service).

ONLINE GROUP DELIVERY		YPAS Young Person's Advisory Service
MONDAY	4:30-5:30PM	- THRIVE (secondary school age)
TUESDAY	4:30-5:30PM	- LGBTQ+ (12-16 years)
WEDNESDAY	4-5:30PM	- YOUNG AMBASSADORS
THURSDAY	4-5PM	- LGBTQ+ (16-25 years)

GRATITUDE

<https://www.caremerseyside.org.uk/adopting-an-attitude-of-gratitude/>

<https://youngminds.org.uk/blog/small-habits-that-can-benefit-your-mental-health/#practising-gratitude>

<https://kidshealth.org/en/teens/gratitude.html>

Books:

Gratitude Journals are available on Amazon.



Prayer

Art and Prayer:

https://www.amazon.co.uk/Books-Christian-Colouring/s?rh=n%3A266239%2Cp_27%3AChristian+Colouring+Books

<https://www.prayerideas.org/prayer-painting-meditate-pray-art/>

Being Creative:

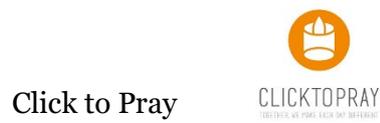
<https://www.prayerspacesinschools.com/prayer-spaces-at-home>

<https://www.pinterest.co.uk/SarahCoggins/youth-ministry-prayer-ideas/>

Music:

<https://www.eden.co.uk/christian-music/>

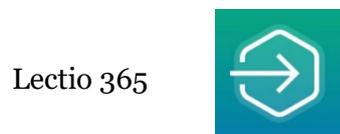
Prayer Apps:



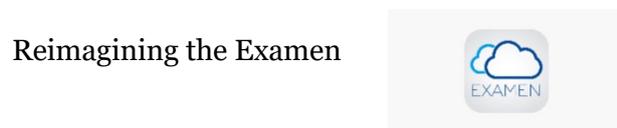
Click to Pray



The Bible in One Year



Lectio 365



Reimagining the Examen

Kindness

<https://www.randomactsofkindness.org/kindness-ideas>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-matters-guide>

Meditation

<http://mindfulnessforteens.com/guided-meditations/>

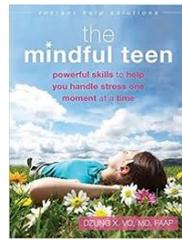
Christian Meditation:

<http://www.cominghome.org.au/>

Apps on Google Play and Apple store:



Book: The Mindful Teen by Professor Dzung

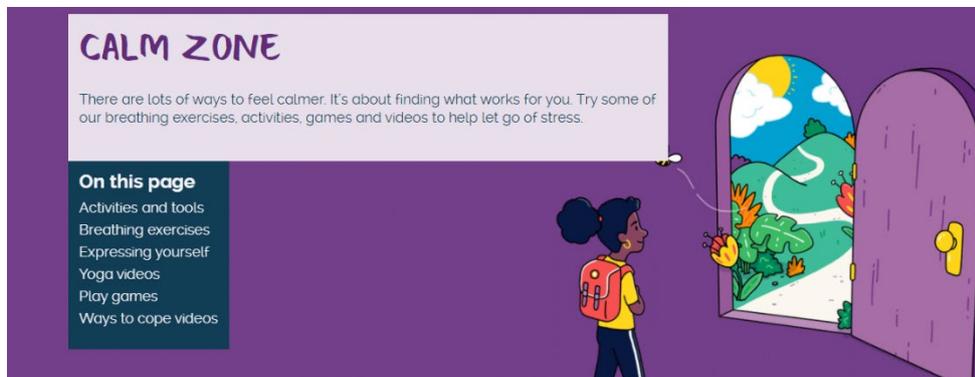


Childline

[Wall of Expression](#)



[Calm zone | Childline](#)



Coping Kit- choose what will help you today- different ideas to distract you

[Coping Kit | Childline](#)

What things would you like to try today?



Distractions and ways to keep busy +



Using my senses to feel calmer +



Learning something new +



Expressing myself +

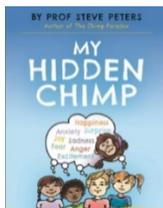


Staying connected with others +

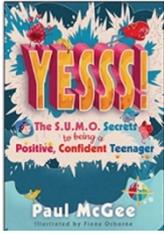


Physical or active activities +

Self help strategies- books and workbooks



My Hidden Chimp -Book available on amazon written by Prof Steve Peters



Yesss!: The SUMO Secrets to Being a Positive, Confident Teenager by
Paul McGee

[MOODJUICE - Self-help Resource Site \(scot.nhs.uk\)](http://scot.nhs.uk)

[MindWell | MindWell \(mindwell-leeds.org.uk\)](http://mindwell-leeds.org.uk)

Clickview booklets

Confidence booklet

[Activity Booklet.pdf](#)

Healthy habits

[Activity Booklet \(1\).pdf](#)

Resilience

[Activity Booklet \(2\).pdf](#)

Art and activities

[Downloadable Colouring Resources - NeuroLove](#)

[Calm zone | Childline](#)

[Resources - NeuroLove](#)

Breathing techniques

<https://youtu.be/FojvwQ9vURg>

Journalling

[Journaling and gratitude on Vimeo](#)

Kooth- mood journal and goals setting on the app

Kooth

Kooth is an online **mental wellbeing** community for young people

For ages: **10-18**

Here are some of the features young people can access on Kooth:

- Magazine**
The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards**
Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat**
Young people can chat with our helpful team about anything that's on their mind
- Daily Journal**
Young people can view their daily journal to track feelings or emotions and reflect on how they're doing

Sign up for free at Kooth.com

Art journal

[How to Combine Drawing and Writing into Deeply Personal Art Journals \(mymodernmet.com\)](http://mymodernmet.com)

Paper journals

Mindwell Leeds- pdfs of mood diary/stress diary/thought diary/worry list/sleep diary

Yoga and Exercise

<https://youtu.be/LPDWyxLfDI8>

[Yoga with Adriene](#)

[Get fit for free - NHS \(www.nhs.uk\) free 10 min workouts\yoga\pilates](http://www.nhs.uk)

[Fitness Studio exercise videos - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[LFC's Home Workouts with Andreas Kornmayer | Mobility and Core session \(youtube\)](#)

[Sure Football \(@surefootball\) • Instagram photos and videos](#)

Map My Walk

WALK

COUCH TO 5K

"Top Bins, I Like That!" | Kieran Brown's Shooting Lesson with Harry Kane | England Elite Sessions - YouTube

YouTuber Kieran Brown gets a session on shooting and finishing from England captain and striker Harry Kane. Subscribe to England: <http://bit.ly/FATVSub> The F...

www.youtube.com



"We're Going To Test Each Other" | Kane, Abraham & Wilson Shooting Drills | Inside Training - YouTube

Inside training ahead of Kosovo vs England as Harry Kane, Tammy Abraham and Callum Wilson take on some finishing drills. Subscribe to England: <http://bit.ly/F...>

www.youtube.com

WHERE TO GO FOR FURTHER SUPPORT



COVID-19 Support

Support during this difficult time.

If you are a child or young person, parent or carer in crisis, you can call the Alder Hey CAMHS **crisis care** line 24 hours a day, seven days a week on **0151 293 3577** or **freephone 0808 196 3550** Email CrisisCare@alderhey.nhs.uk

THE MIX

Essential support for under 25s

☎ 0808 808 4994



Free, safe and anonymous
online support for young people

Kooth videos

[Kooth - Discussion Boards on Vimeo](#)

[Kooth - Journal on Vimeo](#)

[Kooth - Goals on Vimeo](#)

[Kooth - Magazine on Vimeo](#)

On Kooth you can



Chat to our
friendly
counsellors



Read articles
written by
young people



Get support
from the Kooth
community



Write in a daily
journal



How to sign up to Kooth.

Kooth is a FREE, anonymous, confidential, safe online wellbeing service, offering professional support, information, and forums for children and young people.

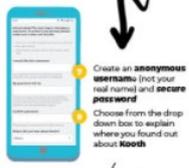
Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile, laptop and tablet.**

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on **"Chat now button"**

To write a message to the team click on **"message the team"**



www.kooth.com



By telephone:
0151 707 1025

YOUNGMINDS

Contact Us

Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

Drugs helpline

 **0300 1236600**

Email FRANK **Text 82111**

LGBTQ+ Helplines



GYRO (LGBTQ+ Youth Liverpool)
Young Person's Advisory Service
36 Bolton Street
LIVERPOOL
L3 5LX
Tel: 0151 702 6087
Email: gyro@ypas.org.uk
Website: www.ypas.org.uk



0808 801 0400:
Mon-Fri, 9am - 9pm

info@mermaidsuk.org.uk

CRISIS SUPPORT

childline
ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111



SAMARITANS

Call 116 123 for free

Get Help
For support in a crisis, Text Shout to 85258

TEXT SHOUT



YoungMinds Crisis Messenger

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Text: YM to 85258

Opening times: 24/7



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Freephone 24 Hour National Domestic Violence Helpline – 0808 2000 247

Women's aid

If you need to talk to someone...

If you want to access support over the phone, you can call:

National Domestic Abuse Helpline – 0808 2000 247 – www.nationaldahelpline.org.uk/ (run by Refuge)

The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327 (run by Respect)

The Mix, free information and support for under 25s in the UK – 0808 808 4994

National LGBT+ Domestic Abuse Helpline – 0800 999 5428 (run by Galop)

Samaritans (24/7 service) – 116 123

Rights of Women advice lines, there are a range of services [available](#)

Bereavement



Winston's Wish

Offers practical support and guidance to bereaved children, their families and professionals.

Online chat service available for young people (1pm - 5pm, Tuesdays & Fridays).

Phone: 08088 020 021 (for those supporting a grieving child or young person)

Email: ask@winstonswish.org

Text: WW to 85258 (24/7 support for young people in a crisis)

Opening times: 9am - 5pm, Monday - Friday

Eating Disorders



Helpline: 0808 801 0677 ☐

Studentline: 0808 801 0811 ☐

Youthline: 0808 801 0711 ☐

Our Helplines are open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Sometimes our lines are busy. If you can't get through immediately, please do try again or try our [one-to-one web chat](#).

If you are in need of urgent help for yourself or someone else outside of our Helpline opening hours, please contact [999](#) or the Samaritans on [116 123](#) if you or someone else is in immediate danger.

Bullying helpline



0800 169 6928

All calls are treated in the strictest confidence and will not appear on itemised bills