

| | Apps | Helplines | Websites | Messenger | E-mail | Resources |
|--|---|--|--|---|--|---|
| Mental Health & Emotional Wellbeing | Daylio Journal Sleepio ThinkNinja | <u>The Mix-</u> 0808 808 4994 | <u>YoungMinds</u> <u>The Mix</u> <u>On My Mind</u> <u>Mind</u> <u>Time to Change</u> | <u>YoungMinds Crisis Messenger</u> <u>Diana Award Crisis Messenger</u> | <u>info@mind.org.uk</u> <u>The Mix – Email Us</u> | <u>YoungMinds Blog</u> |
| Anxiety/Stress | Headspace Wysa | <u>Anxiety UK</u> 03444 775 774 | <u>Anxiety UK</u> <u>YoungMinds</u> | <u>Kooth</u> <u>The Mix</u> 1-2-1 chat | <u>support@anxiety.org.uk</u> | <u>Anxiety UK Blog</u> |
| Depression | Headspace Wysa 7 Cups App | <u>ChildLine –</u> 0800 1111 <u>CALM-</u> 0800 58 58 58 | <u>Mood Juice Programme</u> <u>7 Cups</u> <u>Blurt</u> <u>Time to Change - In Your Mates`Corner</u> | <u>ChildLine 1-2-1 Counsellor Chat</u> <u>Diana Award Crisis Messenger</u> <u>YoungMinds Crisis Messenger</u> | <u>ChildLine Email</u> <u>jo@samritans.org</u> <u>The Mix – Email Us</u> | <u>Depression: Your Guide to Depression and Finding the Help and Support You Need</u> |

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| Self-Harm | Calm Harm | <u>Papyrus Hopeline – 0800 068 41 41</u> | <u>Selfharm UK</u> | <u>Kooth</u> | <u>jo@samritans.org</u> | <u>No Harm Done Alumina</u> |
| | DistrACT | <u>CALM Helpline – 0800 58 58 58</u> | | <u>YoungMinds Crisis Messenger</u> <u>Diana Award Crisis Messenger</u> | | |
| Suicide/Suicidal Thoughts | Stay Alive | <u>Samaritans – 116 123</u> | <u>CALM</u> | <u>Calm Zone WebChat</u> | <u>jo@samritans.org</u> | <u>Finding the words</u> |
| | DistrACT | <u>Papyrus Hopeline – 0800 068 41 41</u> <u>Support After Suicide</u> | <u>Papyrus</u> <u>Samaritans</u> | <u>Diana Award Crisis Messenger</u> | <u>pat@papyrus-uk.org</u> | |
| Bereavement & Loss | <u>Grief: Support for Young People – Child Bereavement UK</u> | <u>Child Bereavement UK</u> 0800 02 888 40 | <u>#HEPL2MAKESENSE</u> | <u>Kooth</u> | <u>support@childbereavementuk.org</u> | <u>Hope Again</u> |
| | Headspace | <u>Childhood Bereavement Network</u> | | <u>Winston’s Wish</u> | | |
| Bullying | TooToot | | <u>NSPCC</u> | | | <u>Anti-Bullying Alliance</u> |
| | <u>No More Bullying Me</u> | <u>ChildLine - 0800 1111</u> | <u>Anti-Bullying Alliance</u> <u>THINKUKNOW</u> | <u>The Mix 1-2-1 chat</u> | <u>The Mix – Email Us</u> | |
| LGBTQ+ | | <u>Barnardo’s 0113 239 5581</u> | <u>Stonewall Youth</u> <u>Mermaids</u> | <u>Mermaids WebChat</u> | <u>info@mermaidsuk.org.uk</u> | <u>Genderbread Person</u> |

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| Eating Disorders | Rise up & Recover RR Eating Disorder Management | <u>Beat Eating Disorders</u> Helpline: 0808 801 0677 Student Line: 0808 801 0811 Youth Line: 0808 801 0711 | <u>Beat Eating Disorders</u> <u>Time to Change</u> <u>Mind</u> | <u>Beat Eating Disorders One to One WebChat</u> <u>info@mind.org.uk</u> | <u>help@beateatingdisorders.org.uk</u> | <u>YoungMinds Anorexia Bulimia</u> |
| | Rise up & Recover RR Eating Disorder Management | <u>The Mix-</u> 0808 808 4994 | <u>Dove Self Esteem Project</u> <u>Be Real</u> <u>Fixers</u> | <u>Kooth</u> <u>The Mix 1-2-1 chat</u> | <u>The Mix – Email Us</u> | <u>The Mix – Why We All Need More Body Kindness in Our Lives</u> |
| Body Image | | | | | | |