

Further Resources

Mental health support:

www.anxietyuk.org.uk

Whether you have anxiety, stress, anxiety-based depression, or a phobia that's affecting your daily life, they're there to help.

cwrise.com/

local emotional health wellbeing support.

www.headstogether.org.uk

tackling stigma and changing the conversation on mental health

www.lgbt.foundation

mentalhealth.org.nz/conditions

www.mind.org.uk

www.minded.org.uk

a free educational resource on children, young people, adults and older people's mental health

www.mindful.org

www.nhsinform.scot/illnesses-and-conditions/mental-health

Identifying, treating and managing mental health problems and disorders

www.rcpsych.ac.uk/healthadvice/

parentsand youthinfo.aspx
drugs & alcohol, depression, anxiety, ADHD, stress, mental health, sleep and more.

www.rethink.org

Mental illness including Black, Asian and Minority Ethnic specific support

www.samaritans.org

www.supportline.org.uk

confidential emotional support to children, young adults and adults by telephone, email and post

www.warwickshire.gov.uk/

sorted Self-help books on lots of topics available from libraries

For Young people:

www.annafreud.org

Anna Freud is a world-leading mental health charity for children and families.

www.acamh.org/learning/

aim to raise standards in the understanding and management of child mental health issues.

www.brave-online.com

designed for children and teens who want to learn how to reduce stress and anxiety, and improve their mood

www.childline.org.uk

hatw.co.uk

not-for-profit organisation that raises awareness of depression and self-harm in young people.

www.kooth.com

Online mental wellbeing support, free, safe, anonymous

www.papyrus-uk.org

Suicide prevention
0800 068 4141

www.stem4.org.uk

(app available) — teenage mental health — depression & anxiety, self harm, eating disorders, addiction

www.therapycomics.com

uses comics instead of text to look at mental health issues

www.youngminds.org.uk

Bullying, anger, abuse, eating problems, self-harm, problems at school, sleep problems

Apps:

Calm

www.calm.com

Headspace

www.headspace.com

Mindshift

www.anxietycanada.com/articlesnew-mindshift-cbt-app-gives-canadians-free-anxiety-relief/

Moodgym

moodgym.com.au

Safe Spot

safespot.org.uk

SAM

mindgarden-tech.co.uk

Smiling Mind

www.smilingmind.com.au

What'sUp?

www.thewhatsupapp.co.uk

Worry Tree

www.worry-tree.com/worrytree-mobile-app