

Helpful resources for young people's mental health

Organisations

Association for Young People's Health (AYPH)

www.youngpeopleshealth.org.uk

Telephone: 0207 922 7715

A charity and membership forum which aims to promote and support the health and wellbeing of young people by encouraging and facilitating more effective communication between practitioners, working to raise the profile and understanding of young people's health needs, improving access to information, resources, innovation and best practice, and promoting evidence-based practice by making research findings more accessible and supporting new studies into young people's health.

Black Women's Health and Family Support (BWAFS)

www.bwhafs.com

Provides support on black women's health issues, English as a second language and black youth groups.

ChildLine

www.childLine.org.uk

Telephone: 0800 1111

Counselling service for parents, children and young people. It also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English. Help and advice is free and confidential.

Early Intervention Foundation

www.eif.org.uk

An independent charity and What Works Centre which champions and supports the use of effective early intervention for children with signals of risk.

Elament

www.elament.org.uk

Elament is a Scottish mental health website offering support and resources.

Heads Together

www.headstogether.org.uk

A campaign to end stigma around mental health spearheaded by the Duke and Duchess of Cambridge and Prince Harry. Heads Together aims to change the national conversation on mental health and wellbeing.

Mental Health Foundation

www.mentalhealth.org.uk

UK charity dedicated to finding and addressing the sources of mental health issues. Includes information, research, resources and an invaluable A-Z of mental health terms.

Mind

www.mind.org.uk

National charity organisation providing information, advice, and campaigning to promote and protect good mental health for everyone.

Muslim Youth Helpline

www.myh.org.uk

Telephone: 0808 808 2008 (weekdays 6pm – 12am, weekends 12pm – 12am)

Text: 07860 022 811

Email: help@myh.org.uk

Internet chat available through website. Offers support to young Muslims in distress.

Place2Be

www.place2be.org.uk

Telephone: 0207 923 5500

Email: enquiries@place2be.org.uk

Offers a range of counselling support for young people in schools helping them to cope with wide-ranging and often complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

Rethink Mental Illness

www.rethink.org

Telephone: 0300 5000 927 (Weekdays 9:30am – 4pm)

Email: info@rethink.org / advice@rethink.org

National mental health membership charity working to help everyone affected by severe mental illness recover a better quality of life. Its aim is to make a practical and positive difference by providing hope and empowerment through effective services, information and support.

Royal College of Psychiatrists

www.rcpsych.ac.uk

The Royal College of Psychiatrists website includes readable and well-researched information about mental health for the public, with information for parents, teachers and young people.

Samaritans

www.samaritans.org

Telephone: 116 123 (any time) National minicom number: 08457 90 91 92

Email: jo@samaritans.org

Address: Chris, PO Box 9090, Stirling, FK8 2SA

Samaritans is a confidential emotional support service for anyone in the UK and Ireland.

The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Volunteers offer support by responding to phone calls, emails and letters. Alternatively, people can drop into a branch to have a face to face meeting.

Stonewall

www.stonewall.org.uk

Telephone: 020 7593 1850 (Weekdays 9.30am – 5.30pm)

Email: info@stonewall.org.uk

Resources, research, education and advice on issues affecting the lesbian, gay, bi, and trans community.

Switchboard

switchboard.lgbt

Telephone: 0300 330 0630 (any time)

Email: chris@switchboard.lgbt

An LGBT group offering confidential support and information.

Time to Change

www.time-to-change.org.uk

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. Time to Change is England's biggest programme to challenge mental health stigma and discrimination.

Winston's Wish

www.winstonswish.org.uk

Freephone helpline: 08088 020 021

Provides specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings.

YoungMinds

www.youngminds.org.uk

Telephone: 0808 802 5544 (weekdays 9:30am – 4pm)

The UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

Training and community development

Mental Health and Behaviour in Schools

www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2

The Department for Education (DfE) developed this advice and practical tools to help schools promote positive mental health in their pupils and identify and address those with less severe problems at an early stage and build their resilience. This advice will also help schools identify and support pupils with more severe needs and help them make appropriate referrals to specialist agencies such as Child and Adolescent Mental Health Services (CAMHS) where necessary.

MindEd

www.minded.org.uk

Free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child. Also includes e-learning resources for professionals and volunteers.

Mindfulness in Schools Project training courses

mindfulnessinschools.org/courses/

.b, pronounced [dot-be], stands for 'Stop, Breathe and Be!' and is the name for the range of courses created by Mindfulness in Schools Project, a charity whose aim is to encourage, support and research the teaching of secular mindfulness in schools.

MindUP

mindup.org/u-k

A learning programme for teachers and pupils based on positive psychology and mindfulness. A product of the Hawn Foundation.

myHappyMind

myhappymind.org

A curriculum to help schools develop resilient children who celebrate themselves and others, build positive relationships and thrive. Built on scientific research and powered by innovative technology, myHappyMind supports schools in creating a positive and growth-oriented whole school culture.

Additional information

BBC Health

www.bbc.co.uk/news/health

Provides content on a range of health topics including (at time of print) an extensive section on mental health issues.

Department of Health

www.dh.gov.uk

www.gov.uk/government/organisations/department-of-health

The aim of the Department of Health (DH) is to improve the health and wellbeing of people in England. This site provides health and social care policy and guidance publications and statistics.

Internet Mental Health

mentalhealth.com/home/

Broad range of links to mental health resources on the internet.

Mental Health First Aid Australia

www.mhfa.com.au

Website of the Australian Mental Health First Aid programme. News, updates, useful information and more.

National Institute of Mental Health USA

www.nimh.nih.gov

Contains a wealth of information on various mental health topics.

National Statistics Online

www.ons.gov.uk

This site gives free access to data produced by the Office of National Statistics, government departments and devolved administrations.

Net Doctor

www.netdoctor.co.uk

Information and online discussion forums on a range of health topics including depression.

NHS Choices

www.nhs.uk

Telephone: 111

The NHS Choices website contains information about all aspects of health. NHS 111 is a fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Wellness Recovery Action Planning (WRAP)



www.mentalhealthrecovery.com

A comprehensive guide and resource centre for creating a WRAP, a prevention and wellness process to help people get well and stay well. This process is used extensively by individuals, those who support them, and by health care and mental health systems all over the world.





Mental Health and Wellbeing Apps

Name of App	Description	Price	Android Suitable	iPhone Suitable
MindShift http://www.anxietybc.com/resources/mindshift-app	App that aims to help you take control of your anxiety, with strategies for managing everyday anxiety to tools to help with more specific aspects of anxiety	Free	✓	✓
SAM http://sam-app.org.uk/	Aims to help you understand and manage anxiety.	Free	✓	✓
WellMind (NHS) https://play.google.com/store/apps/details?id=com.bluestepsolutions.wellmind&hl=en_GB	Advice and tips on how to improve mental health and wellbeing. Can monitor moods, get crisis help and use relaxation audio tracks.	Free	✓	
Stay Alive http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html	Access to national helplines, personalised mini-safety plan, how to help others who may be suicidal.	Free	✓	✓
CALM HARM https://play.google.com/store/apps/details?id=uk.org.stem4.stem4&hl=en_GB	Aims to help users to express feelings in other way and to use small tasks to distract from the thoughts of self-harm.	Free	✓	
Stop Panic & Anxiety Self-help https://play.google.com/store/apps/details?id=com.excelatlife.panic&hl=en_GB	Focussed on Panic Disorder and controlling panic to relieve the fear of panic and panic attacks.	Free	✓	
The Worry Box https://play.google.com/store/apps/details?id=com.excelatlife.worrybox	Aims to focus on positive thinking and stress release, mindfulness and being able to control your worry.	Free	✓	
Virtual Help Box http://t2health.dcoe.mil/apps/virtual-hope-box	To be used alongside a health provider to further promote coping, relaxation, positive thinking and distraction. Applicable for a range of Mental Health issues including PTSD.	Free	✓	✓
Pacifica https://itunes.apple.com/us/app/pacifica/id922968861?mt=8	Based on CBT for mindfulness and relaxation to improve wellbeing, for release from anxiety, stress and	In-app purchases available	✓	✓

Mental Health and Wellbeing Apps

Jason Foundation- A Friend Asks http://jasonfoundation.com/get-involved/student/a-friend-asks-app/	Information and resources to help yourself or someone you know to prevent suicide. Also includes a 'Get Help Now' for crisis situations.	Free		
Anxiety United https://play.google.com/store/apps/details?id=com.anxiety.united&hl=en	Social network to share experiences and gain information and advice, with a free resource centre.	Free		
Toxic Thinking http://www.toxicthinking.info/	Awareness and prevention of toxic thinking by focussing on the triggers, and appropriate action, as well as general information.	Free		
Depression CBT Self-help Guide https://play.google.com/store/apps/details?id=com.excelatlife.depression&hl=en_GB	Help to manage depression, relaxation audios, a diary, articles and CBT suggestions.	Free		
Big White Wall https://www.bigwhitewall.com/landing-pages/landingv3.aspx?ReturnUrl=%2f#.VjnhXbfhDIU	Anonymous online community for people struggling to cope with anxiety in a variety of forms. Trained 'Wall Guides' ensure member safety. Enables you to express yourself by creating a 'brick' to go in the wall. Can take assessments to track your progress against your goals.	Free in some areas from the NHS, universities and employers, otherwise may require £24 membership fee		
Mental Health WATs https://play.google.com/store/apps/details?id=com.WATS.mentalhealth&hl=en_GB	Aims to raise awareness and reduce the stigma of mental health issues.	Free		
Beat Panic https://itunes.apple.com/gb/app/beat-panic/id452656397?mt=8	Phone app that helps you to calm and control your breathing when experiencing panic. Guides you through panic attacks and high anxiety.	79p		
Crisis Card https://itunes.apple.com/gb/app/crisis-card/id773338926?mt=8	In a health crisis this app provides a 'call for help' button, to the support network that you've set up, it provides details of what you may need and potentially where you are without you needing to talk.	Free		

Mental Health and Wellbeing Apps

<p>Stress Tips https://itunes.apple.com/gb/app/stress-tips/id442922568?mt=8</p>	Advice in the form of audio clips, from people who have also experienced stress and anxiety.	79p		
<p>Stress Tips 2 https://play.google.com/store/apps/details?id=com.ais.anxiety.v2&hl=en</p>	Advice in the form of audio clips, from people who have also experienced stress and anxiety, available on android phones.	69p		
<p>Calm-Meditate, Sleep, Relax, Breathe https://itunes.apple.com/gb/app/calm-meditate-sleep-relax/id571800810?mt=8</p>	Teaches mindfulness, calming techniques and meditation with the aim to improve mood.	In app purchases		
<p>Calm-Meditate, Sleep, Relax https://play.google.com/store/apps/details?id=com.calm.android</p>	Teaches mindfulness, calming techniques and meditation with the aim to improve mood. Android Version.	In app purchases		

<http://itskoko.com/>

Application that allows for the sender to put in a note on their gloomiest thoughts, to then receive positive responses from around the world.

Smiling Minds - <https://smilingmind.com.au/>

This app. was recommended. Particularly good as it is age specific so, for younger people has different elements.