



EMOTIONAL SUPPORT WEBSITES AND APPS

WEBSITES



SUPPORT GROUP	OFFERS	CONTACT DETAILS
KOOTH	Free online counselling and emotional wellbeing platform for young people	www.kooth.com
SHOUT	Crisis text line – free text service and text received back	85258
PAPYRUS	Prevention of young suicide	Papyrus-uk.org 0800 068 4141
YOUNG MINDS	Advice and support for young people affected by mental health concerns	Youngminds.org.uk
MIND	National mental health charity	www.mind.org.uk
OFF THE RECORD	Free counselling and online support and drop in Tuesdays 3.30-5.30pm	www.talkofftherecords.org 020 8251 0251
JIGSAW4U	Bereavement counselling	www.jigsaw4u.org.uk
CHILDLINE	Phoneline and online chat for young people	www.childline.org.uk 0800 1111
SAMARITANS	Free online support or free phone number 24 hours a day	jo@samaritans.org 116-123
NHS HARMLESS	For information and support on self harm	www.harmless.nhs.uk
THE MIX	Support for young people under 25	www.themix.org.uk 0808 8084994

APPS



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CALMHARM	NHS app designed to help people resist or manage the urge to self-harm	www.nhs.uk/apps-library/calm-harm
MEETWO	The NHS endorsed app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. There is anonymous advice from experts or other teenagers going through similar experiences.	www.nhs.uk/apps-library/meetwo
CALM	App supporting meditation, mindfulness and healthy sleep patterns.	www.calm.com
STAY ALIVE	Offers help and support both to people with thoughts of suicide and to people concerned about someone else.	office@prevent-suicide.org.uk

If you are over 18 you can also self refer to Uplift by either phoning them or completing an online referral form. Mrs Mears (mmears@suttonmail.org) can help you with this if you are unsure.