**Signposting for mental health**

**Helplines**

• Childline 0800 11 11 (free confidential 24hr helpline for young people who are aged up to 19)

• Samaritans 08457 90 90 90 (free confidential 24-hour helpline)

• Papyrus HOPELineUK 0800 068 41 41 (free confidential helpline for anyone concerned about a young person at risk of harming themselves. Open weekdays 10am – 5pm, 7pm – 10pm; weekends 2pm – 5pm)

**Websites**

* Kooth www.kooth.com (a website offering free, anonymous, online counselling and peer support services)
* www.livinglifetothefull.com (a useful website with a range of booklets, worksheets and computer-based self-help modules)
* http://www.moodjuice.scot.nhs.uk/ (a self-help site full of resources and booklets for dealing with depression, anxiety and other difficulties)
* https://moodgym.anu.edu.au (free web-based CBT programme, which includes modules on assertiveness and inter-personal skills)
* www.youthanxietycanada.com (a useful website with information for young people and parents on different types of anxiety and ways to overcome it)
* http://www.thesite.org The Site (online guide to life for young people 16 years and over
* Childline www.childline.org.uk If you would prefer to speak to a counsellor online: http://www.childline.org.uk/talk/chat/pages/onlinechat.aspx (or you can exchange emails with a counsellor.
* http://www.papyrus-uk.org/support/for-you &amp; <http://www.papyrus-uk.org/support/for-parents> (advice and support for young people dealing with self-harm and emotional distress and for those who are worried about them).
* Harmless www.harmless.org.uk (user-led organisation that includes a range of information and support for people who self-harm)

**Support Organisations**

• Young Minds (Charity committed to improving the mental health of young people. Support for those worried about a young person’s behaviour or mental health. Provides information leaflets)

www.youngminds.org.uk/

• Rethink (Provides information and a helpline for anyone affected by mental health problems) Helpline 0300 500 0927 www.rethink.org

• Mind (Provides information on mental health problems and treatments): Helpline 0300 123 3393 (Mon-Fri 9am – 5pm) [www.mind.org.uk](http://www.mind.org.uk)

**Apps**

Find these in the relevant app store for your device.

* Big White Wall - An anonymous community where members can support each other.
* Blue Ice - an evidenced-based app to help young people manage their emotions
* Calm Harm -- designed to help people resist or manage the urge to self-harm. Developed by a clinician in collaboration with young people.
* Catch It - teaches you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.
* Clear Fear - provides you with a range of ways to manage anxiety. Developed by a clinician in collaboration with young people.
* Feeling Good - relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.
* SilverCloud - an online course to help you manage stress, anxiety and depression.
* Thrive - helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.
* Move mood – helping young people manage low mood and depression
* Worth warrior – a free app to help young people manage low self-worth, poor body image and related eating disorders

**If you or someone you know is finding it hard to cope, please contact your school pastoral/mental health team.**

**Please contact the Cognus Educational Psychology Service for more information.**

**Signposting for careers**

[STEAM Hub - Sutton STEAMS Ahead - Sutton Council](https://steamsahead.sutton.gov.uk/steam-hub)