

	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</u> <u>Crisis Messenger</u> <u>Diana Award</u> <u>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> <u>1-2-1 chat</u>	<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</u> <u>Programme</u> <u>7 Cups</u> <u>Blurt</u> <u>Time to Change</u> <u>- In Your Mates</u> <u>Corner</u>	<u>ChildLine 1-2-1</u> <u>Counsellor Chat</u> <u>Diana Award</u> <u>Crisis Messenger</u> <u>YoungMinds</u> <u>Crisis Messenger</u>	<u>ChildLine Email</u> <u>jo@samritans.org</u> <u>The Mix – Email Us</u>	<u>Depression: Your</u> <u>Guide to</u> <u>Depression and</u> <u>Finding the Help</u> <u>and Support You</u> <u>Need</u>

Self-Harm	Calm Harm DistrACT	<u>Papyrus Hopeline – 0800 068 41 41</u> <u>CALM Helpline – 0800 58 58 58</u>	<u>Selfharm UK</u>	<u>Kooth</u> <u>YoungMinds Crisis Messenger</u> <u>Diana Award Crisis Messenger</u>	<u>jo@samritans.org</u>	<u>No Harm Done Alumina</u>
	Stay Alive DistrACT	<u>Samaritans – 116 123</u> <u>Papyrus Hopeline – 0800 068 41 41</u> <u>Support After Suicide</u>	<u>CALM</u> <u>Papyrus</u> <u>Samaritans</u>	<u>Calm Zone WebChat</u> <u>Diana Award Crisis Messenger</u>	<u>jo@samritans.org</u> <u>pat@papyrus-uk.org</u>	<u>Finding the words</u>
Suicide/Suicidal Thoughts	<u>Grief: Support for Young People – Child Bereavement UK</u> Headspace	<u>Child Bereavement UK</u> 0800 02 888 40 <u>Childhood Bereavement Network</u>	<u>#HEPL2MAKESE NSE</u>	<u>Kooth</u> <u>Winston’s Wish</u>	<u>support@childbereavementuk.org</u>	<u>Hope Again</u>
	TooToot <u>No More Bullying Me</u>	<u>ChildLine - 0800 1111</u>	<u>NSPCC</u> <u>Anti-Bullying Alliance</u> <u>THINKUKNOW</u>	<u>The Mix 1-2-1 chat</u>	<u>The Mix – Email Us</u>	<u>Anti-Bullying Alliance</u>
Bereavement & Loss						
Bullying						

LGBTQ+		<u>Barnardo's</u> 0113 239 5581	<u>Stonewall Youth</u> <u>Mermaids</u>	<u>Mermaids</u> <u>WebChat</u>	<u>info@mermaidsu</u> <u>k.org.uk</u>	<u>Genderbread</u> <u>Person</u>
	Eating Disorders	<u>Rise up & Recover</u> 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> YoungMinds <u>Anorexia</u> <u>Bulimia</u>
Body Image	<u>Rise up & Recover</u> 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</u> <u>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>