



## Websites

- [www.wearemindspace.com](http://www.wearemindspace.com)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.papyrus-uk.org](http://www.papyrus-uk.org)
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.time-to-change.org](http://www.time-to-change.org)
- [www.kooth.com](http://www.kooth.com)
- [www.samaritans.org](http://www.samaritans.org)

## Apps

- ClearFear
- CalmHarm
- What's up?
- Headspace
- SAM
- Fear Tools
- Mood Tools
- Smiling Mind
- Stay Alive
- Rezone

## Helplines

- Give us a shout text service – Text 85258
- Childline – call 0800 11 11
- Samaritans – call 116 123
- Papyrus UK – call 0800 068 41 41
- BEAT (Eating disorders)– 0808 801 0711

In a crisis ring 999 or visit your local A&E department