

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

LGBTQ+		<u>Barnardo's</u> 0113 239 5581	<u>Stonewall Youth</u> <u>Mermaids</u>	<u>Mermaids</u> <u>WebChat</u>	<u>info@mermaidsuk</u> <u>.org.uk</u>	<u>Genderbread</u> <u>Person</u>
Eating Disorders	Rise up & Recover 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@beateating</u> <u>disorders.org.uk</u>	<u>YoungMinds</u> <u>Anorexia</u> <u>Bulimia</u>
Body Image	Rise up & Recover 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</u> <u>Us</u>	<u>The Mix – Why</u> <u>We All Need</u> <u>More Body</u> <u>Kindness in Our</u> <u>Lives</u>