

Here are some free websites, online therapies and Apps you can also use to help you manage distress:

General self-help about managing your own mental health and sleep

These links take you to websites that provide you with general mental health advice, and tips to support yourself. Further websites can also be found in the 'support services' section below:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/self-care/>

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing>

<http://mentalhealthsupport.co.uk/ns/>

Online self-help booklets and resources

The online booklets cover a variety of issues, from anxiety, to low mood, to difficulty sleeping, and to loss and bereavement. The booklets provide information about what you may experience if you have any of these difficulties, as well as providing advice for how you may support yourself and manage your situation. The Northumberland Self Help Books (first link) are available in written and audio formats, and have large print versions for those who struggle with vision. The final link takes you to some NHS approved audio guides:

<https://web.ntw.nhs.uk/selfhelp/>

<http://wellbeing-glasgow.org.uk/booklets/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

Online self-help programs you can access to help support your mental health and sleep

The following links are for online programmes that can help you with a variety of issues including anxiety, low mood, and difficulty sleeping:

<https://www.sleepio.com/>

<https://www.moodjuice.scot.nhs.uk>

<https://lltff.com>

<https://www.dbi.scot/aberdeen/>

www.beatingtheblues.co.uk

Links for children and teenagers

The below links may be helpful for children or teenagers, or for parents looking for further advice for how to support their child:

<https://www.kooth.com>

<https://www.childline.org.uk>

<https://youngminds.org.uk>

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

<http://www.themix.org.uk>

Useful Apps



Mind Shift Mind Shift is a mental health app designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. It can encourage you to take charge of your life, ride out intense emotions, and face challenging situations.



Self Help for Anxiety Management SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.



Happify, Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.



The **Headspace** app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day.



Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you’ve never tried meditation before or regularly practice, you’ll find the perfect program for you.



Smiling mind is a way to practice daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. This is really helpful during times of stress and is a fun and unique way to help you put a smile on your mind

Other NHS approved apps can be discovered here:

<https://www.nhs.uk/apps-library/category/mental-health/>

There are many other apps you could try which could be helpful but these are some suggestions to try or you may find your own that you like better. There are also many organisations which can provide support which you might find helpful.

Support services

Below are telephone numbers and website details of support organisations, that you may find it beneficial to contact at this time:

Samaritans

- Phone 116 123 (24 hours, 7 days a week)
- www.samaritans.org.uk

Childline (for children and teenagers)

- Phone 0800 1111
- www.childline.org.uk

Anxiety UK

- Phone 03444 775 774 (Monday to Friday, 9:30am – 5:30pm)
- www.anxietyuk.org.uk

Sane Line

- Phone 0300 304 7000 (everyday, 4:30pm-10:30pm)
- www.sane.org.uk

CALM (for men aged 15 to 35)

- Phone 0800 58 58 58 (daily, 5pm to midnight)
- www.thecalmzone.net

Mind

- Phone 0300 123 3393 (Monday to Friday, 9am-6pm)
- www.mind.org.uk

Young Minds (information on child and teenage mental health, phone line for parents only)

- Phone 0808 802 5544 (Monday to Friday, 9:30am-4pm)

- www.youngminds.org.uk

Cruse Bereavement Care

- **Phone** 0808 808 1677 (Monday to Friday, 9am-5pm)
- www.cruse.org.uk

WHOLE SCHOOL APPROACH

<https://www.annafreud.org/schools-and-colleges/resources/we-all-have-mental-health-animation-teacher-toolkit/>