



WE HAVE PULL TOGETHER SOME USEFUL APPS AND WEBSITES THAT CAN HELP SUPPORT AND ADVISE YOU IF YOU ARE STRUGGLING.

APPS



HEADSPACE

Headspace is a mindfulness app that takes the seriousness and intimidation out of meditation with fun characters and articles. The app focuses on meditation, mindfulness, and sleep advice. Headspace requires a paid subscription after the free 14-day trial. If you have a Netflix subscription, you can watch Headspace Unwind Your Mind episodes on Netflix!



DAYLIO

Daylio enables you to keep a private journal without having to type a single line. You can choose emojis and activities to represent your mood that you can look back over and see any patterns or habits.



MEDITOPIA

Meditopia is available in 11 languages. Meditopia focuses on mindfulness and relaxation sessions on a wide range of topics, such as stress, anxiety, sleep, and more. The app includes daily Inspirational quotes, note taking to track your progress as well as a mindful meter to see any patterns and habits.



CALM HARM

Calm Harm provides you with tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's private and password protected. The app offers distractions, comfort, ways to express your feelings in a different way as well as providing safe alternatives to self-harm.



CALM

Calm is an app which features calming exercises, relaxing music, helpful breathing techniques, and sleep stories narrated by celebrities like Idris Elba. Some content is only available via an optional paid subscription.



MY POSSIBLE SELF

My Possible Self focuses on taking control of your thoughts, feelings, and behaviour by using interactive tools and coping strategies using the cognitive behavioural therapy framework. The app provides a mood tracker as well as a free 'Building and Happiness' module; additional content requires a paid subscription. My Possible Self is NHS approved.



CLEAR FEAR

Clear Fear is aimed at managing your worries and anxiety. The app uses a cognitive behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful descriptions of the different ways in which anxiety presents, resources and a 'grit box' to boost resilience.



BUZZ US

BUZZ US is a confidential text messaging service for young people aged 11-18 across North Yorkshire provided by Compass Phoenix. The service provides confidential advice, support and signposting by a wellbeing worker within one working day via text. The service is open Monday – Thursday 9am-5pm and Friday 9am-430pm (excluding bank holidays). You can contact the service by texting 07520 631 168.

In addition to these apps, the NHS website also a list of apps suitable for iPhone and Android devices which have been approved by them. You can find the apps here: [Mental health apps - NHS \(www.nhs.uk\)](https://www.nhs.uk)

WEBSITES/SERVICES



FRANK

Frank is a website which provides information on both legal and illegal drugs, alcohol, and the law. They provide a support line, email service, live chat service for confidential advice and support.



KOOTH

Kooth is a free safe and anonymous online counselling and emotional wellbeing service which helps children and young people to feel safe and confident. It is available through mobile, tablet and desktop.



CHILDLINE

Childline is a counselling service for children and young people up to their 19th birthday to help with any issue, big or small. It is a free and confidential service which is available day or night accessible by phone, email, and online chat.



BEAT

Beat provides information eating disorders, recovery, and support services. They offer helplines for adults, young people and students, email support, webchat, online support groups and online peer support for carers.



THE MIX

The Mix offers support around any embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts for anyone under 25. The Mix offer support through articles, videos, phone service and email.



PAPYRUS

PAPYRUS is a charity for the prevention of young suicide (under 35) in the UK. They provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline.



YOUNG MINDS

Young Minds are there to ensure young people get the best possible mental health support. Their website provides information about mental health, a parent helpline as well as a messenger service for young people experiencing a mental health crisis.



NHS 111

You can use NHS 111 if you have an urgent medical problem, and you are unsure of what to do. NHS 111 have a website as well as the helpline. You can ask for a translator if you need one.



SAMARITANS

Samaritans is a charity aimed at providing emotional support to anyone in emotional distress or/and struggling to cope. They provide a telephone helpline as well as an email service. They listen, don't judge, and don't tell you what to do.



MESMAC

Yorkshire MESMAC is a sexual health organisation that offers a range of services for different community groups, including young LGBTQ+ people.



STONEWALL

Stonewall campaigns for the equality of lesbian, bi, gay, trans, queer, questioning and ace people. Their website offers help and advice as well as providing a telephone information service.