

Mental Health Support for Outside of School



BIG WHITE WALL: *For Stress & Anxiety.*

Anonymous online community support. Site offers one to one with trained mental health professionals.

www.bigwhitewall.com.



CALM HARM: *For Emotional Support & Self-Harm Reduction.*

Tasks to help minimise self-harm and regulate emotions.

www.calmharm.co.uk



CATCH IT APP: *Anxiety & Depression.*

App to help managing negative thoughts and promote positive thought processes.

<https://www.nhs.uk/apps-library/catch-it/>



CHILL PANDA APP: *Reduce Worries*

App to provide information and step by step guides for breathing techniques and exercises to calm the mind.

<https://www.nhs.uk/apps-library/chill-panda/>



IESO: *Online Therapy*

Assists with anxiety, stress, low mood and much more. Online counselling

www.iesohealth.com/en-gb



MEE TWO: *Mental Health Support*

Online app to discuss issues affecting the lives of students. Anonymous advice available from experts.

<https://www.nhs.uk/apps-library/meetwo/>



YOUNG MINDS: *Mental Health Support*

Website providing support and online toolkits designed to help improve mental health. Online Blog.

youngminds.org.uk/



KOOTH: *Online Counselling Support*

Free online anonymous mental health support. Online crisis support. Articles and community blogs. Online journaling available.

www.kooth.com/



CHILDLINE: *Online Line Information*

Online and telephone counselling and support. Information and advice regarding a large range of topics. Online toolbox providing strategies and assistance.

www.childline.org.uk/



MIND: *Information and Support for Mental Health Issues*

Information, support and advice on all mental health needs.

www.mind.org.uk/information-support/for-children-and-young-people/



SAMARITANS: *Crisis Support*

Telephone, email and in person support. Offers crisis mental help support on a large range of issues.

<https://www.samaritans.org/>