

## Support contact details

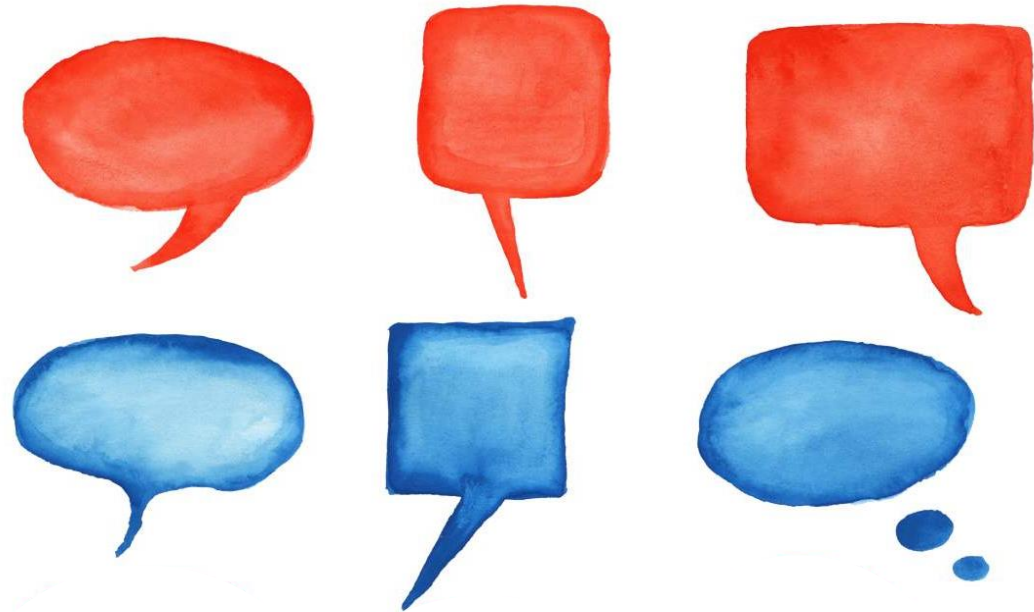
Mind	Tel: 0300 123 3393 Text: 86463	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>
Samaritans	Tel free: 116123	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
Child Line	Tel free: 0800 1111	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
Papyrus Hopeline	Tel: 0800 068 4141	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
The Mix	Tel: 0808 808 4994	<a href="http://www.themix.org.uk">www.themix.org.uk</a>
Bullying UK	Tel: 0808 800 2222	<a href="http://www.bullying.co.uk">www.bullying.co.uk</a>
Hampshire CAMHS		<a href="http://www.hampshirecamhs.nhs.uk">www.hampshirecamhs.nhs.uk</a>
Support for parents:		
Young Minds Parent Helpline	Tel: 0808 802 5544	<a href="http://www.minded.org.uk/families">http://www.minded.org.uk/families</a>
Family Line	Tel: 0808 800 5678	<a href="http://www.familyline.org.uk/">http://www.familyline.org.uk/</a>

## Counselling

YPI Counselling	Tel: 01256 423878 <a href="http://www.ypicounselling.co.uk">www.ypicounselling.co.uk</a>	Confidential professional counselling for: 11 – 25 year olds; counselling for parents; young mentoring for 10 – 19 year olds; family counselling. Email: <a href="mailto:office@ypicounselling.co.uk">office@ypicounselling.co.uk</a>
italk	Tel: 023 8038 3920 <a href="http://www.italk.org.uk">www.italk.org.uk</a>	Free telephone support with a practitioner for anyone who has mental health concerns, is over 16 years and registered with a GP.
Hope for Carers at The Safe	Tel: 07973 738861 <a href="http://www.the-safe.org.uk">www.the-safe.org.uk</a> Email: <a href="mailto:enquires@the-safe.org.uk">enquires@the-safe.org.uk</a>	Self-help group for parents/carers of young people with mental health concerns, such as: self-harming, eating disorders, anxiety, depression & challenging behaviour. Meetings held on the last Tues of each month 11am – 1pm and 7pm – 9pm. No appointment necessary. The Safe offers a range of services including: support for struggling parents, bereaved parents & pregnancy loss.



# Emotional & Well-being Support



Child and Adolescent Mental Health Service (CAMHS) and NHS recommended contacts and Apps to support adults and children

## Free Apps recommended for both children and adults



SAM:  
<http://sam-app.org.uk/>

Helps you to understand and manage anxiety (developed by psychologists and computer scientists). (SAM stands for – Self-help Anxiety Management).



Calm Harm:  
<https://calmharm.co.uk/>

Support to help with the urge for self-harming and how it impacts of anxiety. It shares strategies and activities to help fade self-harm. Calm Harm is an award winning app developed for teenage mental health charity stem4 by psychologists and behaviour therapists.



Blueice:  
<https://apps.beta.nhs.uk/blueice/>

Aims to help young people manage their emotions and reduce urges of self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers.



Catch It:  
<https://apps.beta.nhs.uk/catch-it/>

Learn how to manage feelings like anxiety and depression. It will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



Chill Panda:  
<https://apps.beta.nhs.uk/chill-panda/>

Learn how to relax, manage worries and improve your wellbeing. The app measures your heart rate and suggests tasks to suit your state of mind e.g. simple breathing techniques and light exercises to take your mind off your worries.



Pzizz:  
<https://apps.beta.nhs.uk/pzizz/>

Helps you quickly quiet your mind, fall asleep fast, stay asleep and wake up refreshed.



Thrive:  
<https://apps.beta.nhs.uk/thrive-feel-stress-free/>

Helps to prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis.



MindShift:  
<https://www.anxietycanada.com/resources/mindshift-app>

Helps you to learn how to relax, develop more helpful ways of thinking and identify active steps that will help you take charge of your anxiety.



Virtual Hope Box:  
<https://www.my-therapy.co.uk/app/virtual-hope-box>

Aims to support people experiencing a wide range of Emotional Wellbeing/Mental Health difficulties or who are stressed or having negative thoughts.

## Free Apps recommended for over 18's



Feeling Good:  
<https://apps.beta.nhs.uk/feeling-good-positive-mindset/>

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and positive mindset.



My Possible Self:  
<https://apps.beta.nhs.uk/my-possible-self/>

Helps you to take control of your thoughts, feelings and behaviours. Use the simple learning module to manage: fear, anxiety and stress to tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.



#StayAlive:  
[https://www.prevent-suicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)

Offers help and support to people with thoughts of suicide and to people concerned about someone else. This could be useful to young people but it is aimed at adults.