

Websites to support Mental Health

Action for Happiness

www.actionforhappiness.org

Action for Happiness helps people take **action** for a happier and kinder world. Let's take **action** to look after ourselves and each other as we face this global crisis. We may be physically apart, but we can still be together.

Hub of Hope

www.hubofhope.co.uk

Hub of Hope. **Chasing the Stigma** (CTS) has launched the **Hub of Hope** - a national mental health database, bringing help and support together in one place, with a focus on grassroots organisations.

Kooth

www.kooth.com

Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.

MindEd

www.minded.org.uk

MindEd is a free educational resource on children and young people's mental health for all adults.

Wellness Recovery Action Plan

www.mentalhealthrecovery.com

The Wellness Recovery Action Plan or WRAP, is a self-designed prevention and wellness tool that you can use to get well, and stay well.

Young Minds

www.youngminds.org.uk

We're leading the fight for a future where all **young minds** are supported and empowered, whatever the challenges

Young Minds Parents' Helpline

www.youngminds.org.uk/find-help/for-parents/parents-helpline

Tel: 0808 802 5544 (Weekdays: 9.30am-4.00pm)

Email: parents@youngminds.org.uk

Offers free, confidential online and telephone support to any adult worried about the emotional problems, behaviour, or mental health of a child or young person up to the age of 25.

Get Self Help

www.getselfhelp.co.uk

Offers free cognitive behavioural based self-help and therapy resources.

Apps

Dragon in the Attic (App for children)

www.myhealthapps.net/app/details/501/dragon-in-the-attic

This app is for 8-12 year olds and teaches them how to make healthy choices for their mind and body. It uses a game where children are given a pet dragon to look after and build confidence and educate children about issues such as bullying and mental health.

Headspace

www.headspace.com

This app teaches mindfulness meditation to improve wellbeing.

Moodometer

www.myhealthapps.net/app/details/363/moodometer

An interactive mood diary app for monitoring and understanding emotional wellbeing. It includes tips and guidance on how to influence mood.

Moodpanda

www.moodpanda.com

Moodpanda is an app based platform allowing people to track their moods.

StressHeads

www.themix.org.uk/apps-and-tools/stressheads

This app is aimed at 16-25 year olds and aims to help them identify and cope with stress. It includes games to help distract young people from immediate stress and monitor causes of stress.

SuperBetter

www.superbetter.com

An evidence based app which has been created to help young people build resilience to become healthier, happier and stronger. Activities use gaming techniques to help the young person tackle tough challenges, change what isn't working and reach their goals.

Positive Penguins

www.positivepenguins.com

Positive Penguins is an award winning, top ranked, fun educational app developed for children to help them understand why they feel the way they do and help them challenge their negative thinking. The app aims to help children understand their feelings come from their own thoughts not the situations. Aimed at ages 8-12 years.

Other websites or sources of information:

www.anxietyuk.org.uk

Supports those with anxiety disorders and includes leaflets, contact lists, self-help groups, counselling, email and telephone support.