

Websites and apps suitable for professionals, clients, young people and parents/carers:

- **Journals and other writing resources include**
 - ‘The Happy Self Journal’ click: [The HappySelf Kids' Daily Journal For Boys and Girls Aged 6 to 12 – HappySelf Journal](#)
 - ‘The Positive Planner’, variety of resources for all ages, predominantly late teens/adults, click: [Shop • The Positive Planner - Make the Most of Today \(thepositiveplanners.com\)](#)
- **NEW online support, self-referral: Alumina** is a free, online 7 week course for young people struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. Click: <https://www.selfharm.co.uk>
- **MeeToo app** – The MeeToo app allows you to talk anonymously about difficult things with other people of a similar age or experience. You can get help with your problems or use your experiences to help others. The app is a safe space where all posts and replies are checked before going live so there is no harassment, bullying or grooming.
- **Combined Minds App** – provides information and support on common mental health conditions that commonly affect young people.
- **Hub of Hope App** – free to download app that provides services local to the individual. If you are a service or know of a service that isn’t represented on the app, please do submit the details via the online form. Also offers a crisis messenger service.
- **Every Mind Matters** <https://www.nhs.uk/oneyou/every-mind-matters/> A new website made by Public Health England to help people manage common mental health problems and support others.
- **Samaritans** – available 24/7 365 days a year. Free confidential support for all via text, email, letter, face to face .
- **Young Minds / Shout Crisis Messenger** – for young people who are in crisis (suicidal thoughts, bereaved, self-harm etc.), they can text ‘YM’ to 85258 and then receive support from a trained volunteer via text.
- **Risk assessment tool for suicidal ideation** – please note this is only a tool to give an indicator of suicidal risk, it should not be relied upon solely. All other factors should be taken into account. It should be used to help bring up the conversation of suicidal ideation and as a general measure, always seek further support and opinion. <https://www.oxfordhealth.nhs.uk/harmless/assessment/>
- **YoungMinds.org.uk** – mental health awareness for young people
- **Mind.org.uk** – general mental health awareness TheCalmZone.net – male specific support
- **Campaign Against Living Miserably** – www.thecalmzone.net – this is a website aimed at reducing male suicide and stigma of mental ill health in males. It offers a helpline service alongside webchat.
- **Papyrus** – Support for those feeling suicidal or those who have been bereaved by suicide. Also offers a helpline called the ‘HopeLine’.
- **Childline.org.uk** – support for young people in emotional distress
- **NHS MoodZone** – providing information on common mental health concerns including dealing with anger, exams etc.
- **Head Talks** - www.headtalks.com providing videos discussing all aspects of mental illness and recovery.
- **The Mix** – www.themix.org.uk – provides information on a range of issues affecting young people under 25yrs including – mental ill health, drugs, sexual health. Also offer a free helpline for young people.

- **Clear Fear App** – aimed for young people but can be for anyone. Helps individuals manage their anxiety.
- **CALM HARM App** – created by STEM4, this award-winning app is free to download and is designed to be used by young people who are self-harming. The APP is designed to reduce the level of self-harm and even prevent an episode of self-harm by providing delay tactics when the young person has the urge. Though designed for teenagers, there is no reason it can't be used by adults.
- **FOR ME App** – an app designed by ChildLine to support young people up to the age of 19. The app covers many issues including self-harm, anxiety, bullying and body image issues.
- **Stay Alive app** – provides support for those worried about someone who is suicidal alongside support for individuals who are suicidal or at risk of suicide.
- **distrACT App** – an app designed to give information, support and alternatives to self-harm behaviours.
- **More apps for mental health are recommended on the NHS digital webpage.**