

# USEFUL WEBSITES, HELPLINES AND APPS: Mental Health and Emotional Wellbeing

## General Mental Health

[www.mymind.org.uk](http://www.mymind.org.uk) CWP Trust website

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) Range of self-help materials for many mental health difficulties

[www.minded.org.uk](http://www.minded.org.uk) E-learning for families and professionals including downloadable resources

[www.rcpsych.ac.uk/mental-health](http://www.rcpsych.ac.uk/mental-health) Royal College of Psychiatrists – leaflets to download for parents and young people

[www.youngminds.org.uk](http://www.youngminds.org.uk) Young peoples' mental health charity

[www.nhs.uk/conditions](http://www.nhs.uk/conditions) NHS Choices - information on all mental health difficulties

[www.moodcafe.co.uk](http://www.moodcafe.co.uk) Common mental health difficulties

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) Information, research and resources

[www.actionforhappiness.org](http://www.actionforhappiness.org) Ways to improve mood

[www.psychologytools.com](http://www.psychologytools.com) Self-help materials and CBT worksheets

## Helplines and Organisations (\*those in bold are 24/7\*)

CWP Crisis Line – Call **0800 145 6485**

ChildLine – Call **0800 1111** [www.childline.org.uk](http://www.childline.org.uk)

Samaritans – Call **116 123** or email jo@samaritans.org [www.samaritans.org](http://www.samaritans.org)

Shout! – Text 'SHOUT' to **85258** [www.giveusashout.org](http://www.giveusashout.org)

Papyrus – A helpline for under 35s who are experiencing thoughts of suicide. Call 0800 068 4141, text 07860039967 or email pat@papyrus-uk.org

Kooth – An online counselling service for young people [www.kooth.com](http://www.kooth.com)

The Mix – A helpline for under 25s. Call 0808 808 4994 or Text THEMIX to 85258 [www.themix.org.uk](http://www.themix.org.uk)

Young Minds – Parents' helpline. Call 0808 802 5544 or access their live webchat service [www.youngminds.org.uk](http://www.youngminds.org.uk)

Runaway Helpline – Call/text 116000 or email 116000@runawayhelpline.org.uk [www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)

Just Drop In – Counselling and wellbeing Service for young people aged 12 – 25. Call 01625 665079, Text 07718425405, or Email hello@justdropin.co.uk [www.justdropin.co.uk](http://www.justdropin.co.uk)

Visyon – CBT, counselling and wellbeing service. Call 01260 290000, Text 07508074748, or Email administration@visyon.org.uk [www.visyon.org.uk](http://www.visyon.org.uk)

Cheshire East Children's Services (CHECS) – Family support & safeguarding. Call 0300 123 5012 (option 3)



## Anxiety:

[www.anxietybc.com](http://www.anxietybc.com) Anxiety help for young people

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) Advice and support for anxiety sufferers

[www.getselfhelp.co.uk/anxiety-self-help/](http://www.getselfhelp.co.uk/anxiety-self-help/) CBT self-help and therapy resources for anxiety

Think Good Feel Good by Paul Stallard – CBT workbook for young people

#### **OCD:**

[www.ocduk.org](http://www.ocduk.org) Information and support relating to OCD in young people

[www.ocdaction.org.uk](http://www.ocdaction.org.uk) Information and advice on OCD

[www.topuk.org](http://www.topuk.org) Self-help therapy groups and support for those with OCD

#### **Depression:**

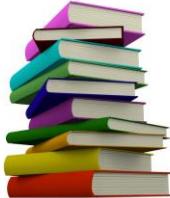
[www.depressioninteenagers.co.uk](http://www.depressioninteenagers.co.uk) Self- help and relaxation for young people

[www.studentsagainstdepression.org](http://www.studentsagainstdepression.org) Information and support around depression

[www.getselfhelp.co.uk/depression-self-help/](http://www.getselfhelp.co.uk/depression-self-help/) CBT self-help and therapy resources for depression

[www.futurelearn.com/courses/depression-young-people?lr=38](http://www.futurelearn.com/courses/depression-young-people?lr=38) A free course for parents to help understand how to recognise depression and low mood in teenagers and learn how to help

Think Good Feel Good by Paul Stallard – CBT workbook for young people



#### **Self-Harm:**

[www.selfharm.co.uk](http://www.selfharm.co.uk) Supports young people who self harm

[www.nshn.co.uk](http://www.nshn.co.uk) Includes helpful alternatives to self harm

[www.lifesigns.org.uk](http://www.lifesigns.org.uk) Advice and support for self-harm

[www.selfinjuryandsuicide.org.uk](http://www.selfinjuryandsuicide.org.uk) Emotional support services and self-help resources



#### **Suicide:**

[www.childline.org.uk/info-advice/your-feelings/mental-health/suicide](http://www.childline.org.uk/info-advice/your-feelings/mental-health/suicide) Advice for young people about suicidal feelings.  
Call 0800 1111 (24hr helpline)

[www.papyrus-uk.org](http://www.papyrus-uk.org) Prevention of young suicide. Call 0800 068 4141, text 07860039967 or email pat@papyrus-uk.org

[www.thecalmzone.net](http://www.thecalmzone.net) Campaign against living miserably. Call 0800 58 58 58 or access their live webchat service

[www.youngminds.org.uk/young-person/my-feelings/suicidal-feelings/](http://www.youngminds.org.uk/young-person/my-feelings/suicidal-feelings/) Advice for young people about suicidal feelings

[www.getselfhelp.co.uk/suicidal-thoughts-a-guide/](http://www.getselfhelp.co.uk/suicidal-thoughts-a-guide/) CBT self-help and therapy resources for dealing with suicidal thoughts

[www.supportaftersuicide.org.uk](http://www.supportaftersuicide.org.uk) Support information for those who have lost someone to suicide

#### **Eating Disorders:**

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) Information on all aspects of eating disorders

<https://seed.charity> Support from people who have had first-hand experience of eating disorders

[www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk) Emotional support and guidance for anyone affected by eating disorders. Call 03000 11 12 13



<https://www.arfidawarenessuk.org/> Information about Avoidant Restrictive Food Intake Disorder

#### **ADHD:**

[www.adders.org](http://www.adders.org) For parents of children with ADHD

[www.addiss.co.uk](http://www.addiss.co.uk) Information and resources

[www.adhdandyou.co.uk](http://www.adhdandyou.co.uk) Information and resources for children and parents/carers

[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk) Information and resources for children and parents/carers

[www.janssenwithme.co.uk](http://www.janssenwithme.co.uk) Advice about living with ADHD

[www.youngminds.org.uk/parent/a-z-guide/adhd](http://www.youngminds.org.uk/parent/a-z-guide/adhd) Advice for parents of children with ADHD



#### **ASC:**

[www.autism.org.uk](http://www.autism.org.uk) National Autistic Society website

[www.do2learn.com/](http://www.do2learn.com/) Resources to support social skills and behaviour regulation

[www.autismeducationtrust.org.uk/resources](http://www.autismeducationtrust.org.uk/resources) Educational resources to support autistic children

<https://space4autism.com> Space4Autism. Call 01625 617884 or Email info@space4autism.org

<https://thegirlwiththecurlyhair.co.uk> Specifically for girls with autism

NAS Parent to Parent Service – Emotional support for parents of children with autism. Call 0808 800 4106

<https://www.clinical-partners.co.uk/child-adolescents/autistic-spectrum-disorders/podcasts> Useful advice for parents

#### **Drugs:**

[www.talktofrank.com](http://www.talktofrank.com) Downloadable materials, helpline and website

<https://www.mentalhealth.org.uk/a-to-z/a/alcohol-and-mental-health> Information and advice

[www.changegrowlive.org](http://www.changegrowlive.org) Change Grow Live (CGL) - Advice, support and resources for young people and their carers. Call 01625 464995

[www.adfam.org.uk](http://www.adfam.org.uk) National charity working with families affected by drugs and alcohol

#### **Sleep:**

[www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk) – Call 03303 530 541 for the national sleep helpline

[www.tiredout.org.uk](http://www.tiredout.org.uk) Sleep support hub for parents raising disabled and seriously ill children

[www.sleepio.com](http://www.sleepio.com) An online sleep improvement app programme

[www.youngminds.org.uk/young-person/my-feelings/sleep-problems/](http://www.youngminds.org.uk/young-person/my-feelings/sleep-problems/) A young persons guide to sleep problems

#### **Self Esteem:**

[www.life-with-confidence.com](http://www.life-with-confidence.com) Advice and resources

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) Worksheets and resources

[www.youngminds.org.uk/young-person/coping-with-life/self-esteem-and-believing-in-yourself](http://www.youngminds.org.uk/young-person/coping-with-life/self-esteem-and-believing-in-yourself) A young persons guide to self esteem

Helping Children to Build Self-Esteem by Deborah Plummer – Activity Book for Young People

#### **Bereavement:**

[www.winstonswish.org.uk](http://www.winstonswish.org.uk) Information and runs residential

[www.cruse.org.uk](http://www.cruse.org.uk) Helpful advice and information

[www.griefencounter.org.uk](http://www.griefencounter.org.uk) Website for children and young people

[www.hopeagain.org.uk](http://www.hopeagain.org.uk) Helpful advice and information and telephone 0808 808 1677 for 12-18 year olds

[www.childbereavement.org](http://www.childbereavement.org) Peer support groups for young people who have lost a loved one

[www.thedoveservice.org.uk](http://www.thedoveservice.org.uk) Bereavement Counselling. Call 01782 683155/683153 or Email enquiries@thedoveservice.org.uk

East Cheshire Hospice – Bereavement counselling. Call 01625 610364 or Email admin@echospice.org.uk

#### **Parenting:**

[www.mymind.org](http://www.mymind.org) Website with information for parents on behaviour

[www.familylives.org.uk](http://www.familylives.org.uk) call 0808 800 2222 or email askus@familylives.org.uk

[www.actionforchildren.org](http://www.actionforchildren.org) Advice, support and information on a variety of topics including behaviour

Cheshire East Children's Services (CHECS) - Family support and parenting groups. Call 0300 123 5012

The Incredible Years by Carolyn Webster Stratton – Book on increasing positive behaviour

#### **Separation/Divorce:**

[www.careforthefamily.org.uk](http://www.careforthefamily.org.uk) Parent support. Call 029 2081 0800

[www.familylives.org.uk](http://www.familylives.org.uk) Parent information and advice. Call 0800 800 2222

[www.divorceaid.co.uk](http://www.divorceaid.co.uk) Information and advice.

[www.gingerbread.org.uk](http://www.gingerbread.org.uk) Charity for single parents. Call 0808 802 0925

#### **Bullying:**

[www.bullying.co.uk](http://www.bullying.co.uk) Advice and support for young people and parents. Call 0808 800 2222 or email askus@familylives.org.uk

[www.cheshireeast.gov.uk/livewell/staying-safe/community-safety/bullying/bully-free-cheshire-east.aspx](http://www.cheshireeast.gov.uk/livewell/staying-safe/community-safety/bullying/bully-free-cheshire-east.aspx)

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk) Advice and help on bullying

[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk) Advice and support. Call 0300 323 0169

#### **Sexual and Gender Identity**

[www.theproudtrust.org](http://www.theproudtrust.org) Support and advice for LGBTQ. Call 0161 660 3347

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk) Advice and resources for LGBTI young people. Text 07984356512

[www.mermaids.org.uk](http://www.mermaids.org.uk) A national charity for transgender young people and their families. Call 0808 801 0400

[www.theproudtrust.org/young-people/](http://www.theproudtrust.org/young-people/) A charity who support LGBT+ youth

[www.mindlinetrans.org.uk](http://www.mindlinetrans.org.uk) A helpline run by and for trans, non-binary, gender-diverse and gender-fluid people. Call 0300 330 5468

### **Child Sexual Exploitation:**

[www.knowandsee.co.uk](http://www.knowandsee.co.uk) Advice and resources for young people and professionals. Call the national anonymous CSE helpline 116 000

[www.ceop.police.uk/safety-centre/](http://www.ceop.police.uk/safety-centre/) Child exploitation and online protection

[www.nspcc.org.uk](http://www.nspcc.org.uk) Help for adults concerned about a child. Call 0808 800 5000

[www.barnardos.org.uk/what-we-do/protecting-children](http://www.barnardos.org.uk/what-we-do/protecting-children) Information and support

[www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/sexual-abuse/](http://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/sexual-abuse/) Information and support

### **Anger Difficulties**

[www.copingskillsforkids.com](http://www.copingskillsforkids.com) Resources and advice for anger

[www.youngminds.org.uk/young-person/my-feelings/anger](http://www.youngminds.org.uk/young-person/my-feelings/anger) Advice on managing anger

[www.childline.org.uk/info-advice/your-feelings/feelings-emotions/anger/](http://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/anger/) Advice on managing anger

[www.kidshealth.org](http://www.kidshealth.org) Ideas for helping children & teenagers deal with their anger

### **Domestic Abuse:**

[thehideout.org.uk/children/home/](http://thehideout.org.uk/children/home/) Helping children understand domestic abuse

[www.refuge.org.uk/get-help-now/](http://www.refuge.org.uk/get-help-now/) Support for children and young people. Call 0808 2000 247 (24hr helpline)

[www.18u.org.uk](http://www.18u.org.uk) Support for any young person who has suffered any form of abuse

[www.mycwa.org.uk](http://www.mycwa.org.uk) Cheshire without Abuse - Call 0300 123 5101 or 01270 250390

### **Adoption and Attachment:**

[www.beaconhouse.org.uk/useful-resources/](http://www.beaconhouse.org.uk/useful-resources/) Developmental trauma and attachment resources

[www.attachmenttraumanetwork.org](http://www.attachmenttraumanetwork.org) Advice and support

[www.adoptionmatters.org](http://www.adoptionmatters.org) Support and therapy delivered by Adoption Matters. Call 0300 123 1066 or Email [enquiries@adoptionmatters.org](mailto:enquiries@adoptionmatters.org)

Books by Dan Hughes or Kim Golding

### **Children in Care:**

[www.coramvoice.org.uk](http://www.coramvoice.org.uk) Support and resources. Call 0808 800 5792 or Text 07758670369

### **Young Carers:**

[www.babble.carers.org](http://www.babble.carers.org) Support and advice for young carers

[www.carersuk.org](http://www.carersuk.org) Supports young carers. Call 0808 808 7777 or Email advice@carersuk.org

[www.cheshireyoungcarers.org](http://www.cheshireyoungcarers.org) Supports Cheshire young carers with support and activities. Call 0151 356 3176

### **Children & Families of Offenders:**

[www.prisonersfamilies.org](http://www.prisonersfamilies.org) Information, advice, emotional support. Call 0808 808 2003

[www.nicco.org.uk](http://www.nicco.org.uk) National information centre of children of offenders

### **Helpful APPs**

Headspace: <https://www.headspace.com/headspace-meditation-app>

Calm: <https://www.calm.com> – Mindfulness and meditation techniques

Sleepio: [www.sleepio.com](http://www.sleepio.com) – An online sleep improvement programme

ThinkNinja: [www.healios.org.uk](http://www.healios.org.uk) – CBT approach for mental health problems

Samaritans: <https://selfhelp.samaritans.org> – Self-help app

Other apps are listed on: [www.camhs-resources.co.uk](http://www.camhs-resources.co.uk)



### **CWP YouTube Channel**

<https://www.youtube.com/channel/UCajuamnlkr560vsUGSIT89Q>