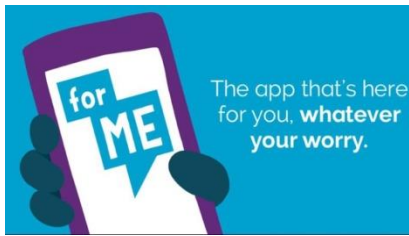


Useful Contacts:

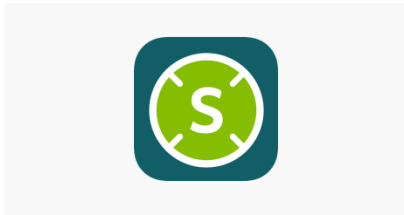


•Childline

0800 1111

childline.org.uk

Support for children and young people in the UK, including a free 24-hour helpline.



•Samaritans

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Welsh Language Line on 0300 123 3011 (7pm–11pm every day).



•SANEline

If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day).



•The Mix

If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm-11pm), request support by email using this form on The Mix website or use their crisis text messenger service.



•Papyrus HOPELINEUK

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-10pm), email pat@papyrus-uk.org or text 07786 209 697.

*Responses from email and text are not immediate



•YoungMinds

Provides support and advice to parents and carers worried about the emotional wellbeing or behaviour of a young person in their care with confidential expert advice.

youngminds.org.uk

Parents Helpline – call 0808 802 5544



•**OCD Action**

www.ocdaction.org.uk

A place for support and information to anybody affected by OCD.

Helpline: 0845 390 6232 (Mon-Fri 9:30am - 5pm)



•**Anxiety UK**

Infoline: 03444 775 774

Mon-Fri 9:30am - 5.30pm

Weekend between 10am -8pm (During the coronavirus pandemic to provide a weekend service)

Text Service: 07537 416 905



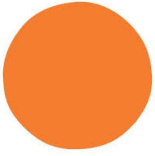
•**NHS Recommended Mental Health Helplines**

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

•**NHS Create Your own Wellbeing Plan**

https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAIaIQobChMI86bYjL216AIV-V-DtCh1mgw4GEAAYASAAEgJmXfD_BwE

Apps:



•Headspace

Mindfulness for your everyday life. Stress less. Move more. Sleep soundly.

www.headspace.com

www.headspace.com/covid-19



•Action for Happiness

Helps people take action for a happier and more caring world.



•Calm Harm

This app is around self-harm minimisation and strategies.



•Stay Alive

Suicide prevention app.



•**STOPP**

An app to help to stop the vicious cycles of anxiety and depression and other unhelpful behaviours. Based on CBT (Cognitive Behavioural Therapy).

YouTube:



•**Joe Wicks (The Body Coach)**

Free workouts videos for all ages and currently doing live PE lessons for kids and parents/carers every morning at 9 am for 30 mins.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>