

Mental Health and Wellbeing Parent/Student Resources

Subject	Useful Organisations/websites		
	Organisation	Website	Contact
General	Action for Happiness	www.actionforhappiness.org	
	Anna Freud Centre	www.annafreud.org	02077942313
	Young Minds	www.youngminds.org.uk	08088025544
	Mental Health and Behaviour in schools	https://gov.uk/government/publications/mental-health-behaviour-in-schools--2	
	Child Line	www.childLine.org.uk	0800 1111
	Kooth	www.kooth.com	
	Mind	www.mind.org.uk	0300 5000927
	Samaritans	www.samaritans.org	116 123
	Mental Health Foundation	www.mentalhealth.org.uk	
	NHS Choices	www.nhs.uk	111

Useful Apps
http://dragonapp.me/play
https://www.childline.org.uk/toolbox/for-me/
www.headspace.com
http://myhealthapps.net/app/details/363/moodometer
www.moodpanda.com
www.moodscope.com
http://themix.org.uk/apps-and-tools/stressheads
https://smilingmind.com/au
http://stepfinder.org
https://www.superbetter.com/

Depression & Anxiety	Mind	www.mind.org.uk	0300 123 3393
	YoungMinds	www.youngminds.org.uk	0808 802 5544
	ChildLine	www.childLine.org.uk	0800 1111
	The Mix	www.themix.org.uk	0808 808 4994
	Students Against Depression	www.studentsagainstdepression.org	
	Anxiety UK	www.anxiety.org.uk	08444 775 774
	No Panic	www.nopanic.org.uk	0844 967 4848
	OCD Action	www.ocdaction.org.uk	0845 390 6232
	OCD-UK	www.ocduk.org	
	CBT Online	www.getselfhelp.co.uk	

http://www.solentcamhs.nhs.uk/page_sa.asp?fldKey=247
https://www.anxietybc.com/resources/mindshift-app
http://www.thriveport.com/products/moodkit/
http://moodtools.org/
http://positivepenguins.com/
http://sam-app.org.uk/
https://www.excelatlife.com/apps.htm#panicapp
http://www.youper.co/start-now

Suicide Crisis	Samaritans	www.samaritans.org	116 123
	Charlie Walker Memorial Trust	www.cwmt.org.uk	01635 869754
	Stamp Out Suicide	www.stampoutsuicide.org.uk	
	Students Against Depression	www.studentsagainstdepression.org	
	Mind	www.mind.org.uk	0300 123 3393
	YoungMinds Parents' helpline	www.youngminds.org.uk/find-help/for-parents/parents-helpline/	0808 802 5544
	Calm (Campaign Against Living Miserably)	www.thecalmzone.net	0800 585858
	Youth Health Talk/Health Talk	www.healthtalk.org	
	Cruse – Bereavement Care	www.cruse.org.uk www.hopeagain.org.uk	0808 808 1677

www.nhs.uk/carersdirect
www.nhs.uk/Conditions/Suicide/Pages/Introduction.aspx
http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html
https://childbereavementuk.org/our-app/

Psychosis	NICE (National Institute for Health and Clinical Excellence)	www.nice.org.uk	
	Rethink Mental Illness	www.rethink.org	0300 5000 927
	IRIS	www.iris-initiative.org.uk	
	Sane/Saneline	www.sane.org.uk	0300 304 7000
	Hearing Voices Network	www.hearing-voices.org	0114 271 8210
	bipolarUK	www.bipolaruk.org	0333 323 3880
	YoungMinds Voice Collective	www.youngminds.org.uk www.voicecollective.co.uk	0808 802 5544 020 7911 0822

http://emoodtracker.com/
http://research.bmh.manchester.ac.uk/actissist/

Self-harm	Self Injury Support	www.selfinjurysupport.org.uk	
	National Self Harm Network	www.nshn.co.uk	
	Harmless	www.harmless.org.uk	
	Lifesigns	www.lifesigns.org.uk	
	Selfharmuk	www.selfharm.co.uk	

http://www.stem4.org.uk/calmharm/
http://www.self-healapp.co.uk/Home/
http://alumina.selfharm.co.uk/

Eating Disorders	Anorexia and Bulimia Care (ABC)	www.anorexiabulimiacare.org.uk	03000 11 12 13
	Boy Anorexia	www.boyanorexia.com	
	Men Get Eating Disorders Too	www.mengetedstoo.co.uk	
	NICE (National Institute for Health and Clinical Excellence)	www.nice.org.uk	
	beat (beating eating disorders)	www.b-eat.co.uk	0808 801 0711

https://www.recoveryrecord.com/
https://recoverywarriors.com/app/

ADHD/ASD/ODD	ADD Information and Support Services (ADDISS)	www.addiss.co.uk	0208 952 2800
	YoungMinds	www.youngminds.org.uk	0300 123 3393
	Mental Health and Growing Up	www.rcpsych.ac.uk	0207 235 2351 Ex 146
	ADD Resources	www.adders.org www.addresource.com	
	National Autism Society	www.autism.org.uk	0207 833 2299

Alcohol & Substance Misuse	DrugWise	www.drugwise.org.uk	
	National Drugs Helpline		0800 776600
	Smoke Free NHS	www.nhs.uk/smokefree	
	Quit With Help	www.quitwithhelp.co.uk	
	The Mix	www.themix.org.uk	0808 808 4994
