

Digital Mental Health Resources

WEBSITES:

Kooth – www.kooth.com Support, info, forums and online counselling.

The Lily-Jo Project – www.thelilyjoproject Info, videos, support, stories

On My Mind – www.annafreud.org/on-my-mind Info and digital resources

Big White Wall – www.bigwhitewall.com Support and resources about anxiety and depression

Anxiety UK – www.anxietyuk.org.uk Support and info, including videos

Beat – www.beateatingdisorders.co.uk Support specifically about eating issues.

Young Minds – www.youngminds.org.uk Info, personal stories, support options

Childline – www.childline.org.uk or Tel: 08001111 (Free and confidential) Help and advice on any issue concerning children and young people.

Mental Health Foundation – www.mentalhealthfoundation. Info, personal stories, podcasts and videos.

Heads Together – www.headstogether.org.uk Info and resources for support

Child Bereavement UK – www.childbereavementuk.org Info, support, app

Hope Again (Cruse) – www.hopeagain.org.uk Info on grief, videos, personal stories, resources

Papyrus – www.papyru-uk.org Support for people with suicidal thoughts

YOUTUBE:

Watchwellcast - channel with many useful informative videos

TEXT SERVICE:

Shout – text 85258 to receive 24/7 crisis support, free on all major networks.

APPS:

Headspace – mindful meditations

Calm – meditation and sleep

In Hand – mood and dealing with ups and downs

Stop Breathe Think – meditations linked to your mood

SAM – self-help for anxiety management

Mindshift – managing anxiety

Smiling Minds – guided meditations to help with thoughts

Calm Harm – understanding, resisting and managing the urge to self-harm

Worry Time – a place to store daily worries

Mindfulness Daily – relaxation, stress management, help with depression/anxiety

WellMind (NHS) – to boost wellbeing and improve stress, anxiety, depression

DIGITAL GAMES:

Personal Zen – proven to reduce stress.

Superbetter – increase resilience, develop optimism, face difficult obstacles.