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## Health and Wellbeing Online Resources

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### For Children & Young People

#### Cove

<http://www.cove-app.com/>

This app helps people to capture their mood and express it by making music. Note: you do not need to know how to play an instrument to use this app.

#### Childline

[www.childline.org.uk](http://www.childline.org.uk)

Mental health charity for children and young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

#### Chill Panda

[chillpanda.co.uk/](http://chillpanda.co.uk/)

This free app is for children and adults who want to learn how to manage stress and worry, and feel better.

#### Clear Fear

[www.clearfear.co.uk/](http://www.clearfear.co.uk/)

This free app aims to help children and teenagers manage anxiety. The app helps to reduce physical responses to threat and change thoughts and behaviours through distraction and helpful activities.

#### Coping Skills for Kids

[www.copingskillsforkids.com](http://www.copingskillsforkids.com)

Website that provides free resources for teaching children about healthy ways to cope with [stress](#), [anxiety](#) and [anger](#).

#### Hospichill

[www.hospichill.net](http://www.hospichill.net)

An app designed to help young people prepare for hospital and clinic appointments. The app provides helpful relaxation and visualisation exercises.

#### Kooth

[www.kooth.com](http://www.kooth.com)

Free mental health support from online counsellors. A free sign up service with discussion boards, helpful tips, articles written by young people, and the option to write mood journals and set positive goals.

#### Stop Breathe & Think KIDS

[www.stopbreathethink.com/kids/](http://www.stopbreathethink.com/kids/)

Guided Meditation and Mindfulness app for children aged 5-10.

### For Young People

#### Ayemind

[www.ayemind.com](http://www.ayemind.com)

Website aimed at improving the mental wellbeing of young people. Includes resources for young people and professionals. Ayemind also signposts to lots of other useful websites.

#### Calm

[www.calm.com/](http://www.calm.com/)

A mindfulness app that includes various relaxing sounds to listen to, visualisations to help relaxations, "sleep stories", and guided meditations.

#### Calm Harm

[www.calmharm.co.uk](http://www.calmharm.co.uk)

An app to help teenagers manage or resist the urge to self-harm by providing a wide range of distraction techniques.

#### Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. The "Hopeline" (Call: 0800 068 4141 / Text: 07860 039 967 / E-mail [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)) is for children and young people experiencing thoughts of suicide, or for anyone concerned for a young person.

#### SafeSpot

[www.safespot.org.uk](http://www.safespot.org.uk)

An app designed in Glasgow to help young people improve their coping skills and promote positive mental health and wellbeing.

#### Smiling Mind

[www.smilingmind.com.au/](http://www.smilingmind.com.au/)

A free app for encouraging mindfulness, meditation and positive wellbeing.

#### Young Minds


[www.youngminds.org.uk](http://www.youngminds.org.uk)

Young Minds provides a range of mental health help and advice for young people. This charity also encourages young people to get involved in raising awareness about children and young people's mental health.

#### Young Scot

[young.scot/campaigns/national/coronavirus](http://young.scot/campaigns/national/coronavirus)

If your young person is feeling a bit overwhelmed or scared right now, this site has information for young people about what's happening and the simple steps everyone can take to help keep healthy.



## For All the Family

### NHS Every Mind Matters

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

Advice about general mental health and [mental wellbeing while staying at home](#). Also [Your Mind Plan, an interactive quiz](#) designed to help you feel more in control of your emotional and mental wellbeing.

### Child Bereavement UK

[www.childbereavementuk.org/](http://www.childbereavementuk.org/)

A site with resources for children and young people who are grieving, as well as providing information and advice to families / professionals on how to best support someone who is bereaved. A helpline is also available on 0800 028 840.

### Combined Minds

[combinedminds.co.uk/](http://combinedminds.co.uk/)

This app provides parents, families and friends with practical advice on how to support children and young people with their mental health.

### Headspace

<https://www.headspace.com/>

A mindfulness app that has more of a “podcast feel” to it with various talks, guided meditations and helpful videos available.

### Living Life to the full

[www.lttf.com](http://www.lttf.com)

Free online courses covering low mood, stress and resilience. (More adult orientated)

### MindShift CBT

<https://www.anxietycanada.com/resources/mindshift-cbt/>

A free app designed to help adults and teens cope with anxiety. Also provides strategies for adults to help their children with anxiety.

### Samaritans

[www.samaritans.org](http://www.samaritans.org)

A charity that offers mental health support and information online for everyone. Their helpline is free and available to all ages. Call 116 123 or e-mail [jo@samaritans.org](mailto:jo@samaritans.org) 24/7.

### Stress and Anxiety companion

[www.nhs.uk/apps-library/stress-anxiety-companion/](http://www.nhs.uk/apps-library/stress-anxiety-companion/)

A free app to help handle stress and anxiety. The app includes breathing exercises, relaxing music and games.

### The Big White Wall

[www.bigwhitewall.com](http://www.bigwhitewall.com)

Online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals.

## Mental Health telephone supports

**Breathing Space:** Free and confidential telephone counselling service. (0800 838 587)

**NHS living Life:** Free phone service for those aged 16+ experiencing anxiety, low mood and mild to moderate depression. Guided self-help and cognitive behavioural therapy. (0800 328 9655)

**Young Minds Parents Help Line:** Offers guidance and support to parents concerned about their child's mental health. (0808 802 5544)