

Useful Websites and Apps

www.youngminds.org.uk - Support for parents/carers and young People in relation to mental health

www.voicecollective.co.uk. – Support to children/Young People who hear voices, sees visions or have unusual sensory experiences.

www.kooth.com - online counselling support to Young People

www.mya.org.uk - Support to Young People information, advice and guidance support

www.moodjuice.scot.nhs.uk - Self Help website to Young People with depression, anxiety, anger, panic, stress, bereavement, phobias, traumatic stress, sleep problems, obsession & compulsions

www.anxietybc.com - self-help website for young people and parents/ carers to support with anxiety

www.getselfhelp.co.uk - Self-help website for ADHD, anger, anxiety, pain, suicidal thoughts, depression, flashbacks, self-esteem, OCD, panic, problem solving, psychosis, relationships, stress,

www.minded.org.uk Is your child in crisis? Are you worried about them? Perhaps you just want some parenting tips. This site will help you understand and support your child.

www.selfharm.co.uk - Support for young people who self-harm

www.nshn.co.uk

www.selfharm.co.uk

www.bullybusters.org.uk

www.7cups.com

Apps:

- Buddify
- Smiling Mind
- Stop, breathe and think
- Mindshift