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| --- | --- | --- | --- | --- | --- | --- |
|  | Apps | Helplines | Websites | Messenger | E-mail | Resources |
| Mental Health  & Emotional Wellbeing | Daylio Journal  Sleepio  ThinkNinja | [The Mix-](https://www.themix.org.uk/get-support)  0808 808 4994 | [YoungMinds](http://www.youngminds.org.uk/)  [The Mix](https://www.themix.org.uk/)  [On My Mind](https://www.annafreud.org/on-my-mind/)  [Mind](https://www.mind.org.uk/)  [Time to Change](https://www.time-to-change.org.uk/) | [YoungMinds Crisis Messenger](https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/)  [Diana Award Crisis Messenger](https://diana-award.org.uk/news/diana-award-crisis-messenger/) | [info@mind.org.uk](mailto:info@mind.org.uk)  [The Mix – Email Us](https://www.themix.org.uk/get-support/speak-to-our-team/email-us) | [YoungMinds Blog](https://youngminds.org.uk/blog/) |
| Anxiety/Stress | Headspace  Wysa | [Anxiety UK](https://www.anxietyuk.org.uk/get-help/anxiety-uk-national-infoline-service/)  03444 775 774 | [Anxiety UK](https://www.anxietyuk.org.uk/)  [YoungMinds](http://www.youngminds.org.uk/) | [Kooth](https://kooth.com/)  [The Mix](https://www.themix.org.uk/get-support/speak-to-our-team)  [1-2-1 chat](https://www.themix.org.uk/get-support/speak-to-our-team) | [support@anxiety.org.uk](mailto:support@anxiety.org.uk) | [Anxiety UK Blog](https://www.anxietyuk.org.uk/anxietyuk-blog/) |
| Depression | Headspace  Wysa  7 Cups App | [ChildLine](https://www.childline.org.uk/) –  0800 1111  [CALM](https://www.thecalmzone.net/)-  0800 58 58 58 | [Mood Juice Programme](https://www.moodjuice.scot.nhs.uk/mildmoderate/entry.asp)  [7 Cups](https://www.7cups.com/)  [Blurt](https://www.blurtitout.org/)  [Time to Change - In Your Mates `Corner](https://www.time-to-change.org.uk/news/be-in-your-mates-corner) | [ChildLine 1-2-1 Counsellor Chat](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/)  [Diana Award Crisis Messenger](https://diana-award.org.uk/news/diana-award-crisis-messenger/)  [YoungMinds Crisis Messenger](https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/) | [ChildLine Email](https://www.childline.org.uk/get-support/)  [jo@samritans.org](mailto:jo@samritans.org)  [The Mix – Email Us](https://www.themix.org.uk/get-support/speak-to-our-team/email-us) | [Depression: Your Guide to Depression and Finding the Help and Support You Need](https://youngminds.org.uk/media/1514/young-minds-depression.pdf) |
| Self-Harm | Calm Harm  DistrACT | [Papyrus Hopeline](https://papyrus-uk.org/) – 0800 068 41 41  [CALM Helpline –](https://www.thecalmzone.net/)  [0800 58 58 58](https://www.thecalmzone.net/) | [Selfharm UK](https://www.selfharm.co.uk/) | [Kooth](https://kooth.com/)  [YoungMinds Crisis Messenger](https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/)  [Diana Award Crisis Messenger](https://diana-award.org.uk/news/diana-award-crisis-messenger/) | [jo@samritans.org](mailto:jo@samritans.org) | [No Harm Done](https://youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/)  [Alumina](https://www.selfharm.co.uk/alumina) |
| Suicide/Suicidal Thoughts | Stay Alive  DistrACT | [Samaritans – 116 123](https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-you-want-self-harm/)  [Papyrus Hopeline](https://papyrus-uk.org/) – 0800 068 41 41  [Support After Suicide](https://supportaftersuicide.org.uk/) | [CALM](https://www.thecalmzone.net/)  [Papyrus](https://papyrus-uk.org/)  [Samaritans](https://www.samaritans.org/) | [Calm Zone WebChat](https://www.thecalmzone.net/help/webchat/)  [Diana Award Crisis Messenger](https://diana-award.org.uk/news/diana-award-crisis-messenger/) | [jo@samritans.org](mailto:jo@samritans.org)  [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) | [Finding the words](http://supportaftersuicide.org.uk/wp-content/uploads/2018/03/Finding_the_Words.pdf) |
| Bereavement & Loss | [Grief: Support for Young People – Child Bereavement UK](https://www.childbereavementuk.org/news/our-app)  Headspace | [Child Bereavement UK](https://www.childbereavementuk.org/about-our-helpline)  [0800 02 888 40](tel:08000288840)  [Childhood Bereavement Network](http://www.childhoodbereavementnetwork.org.uk/) | [#HEPL2MAKESENSE](http://help2makesense.org/) | [Kooth](https://kooth.com/)  [Winston’s Wish](https://www.winstonswish.org/) | [support@childbereavementuk.org](mailto:support@childbereavementuk.org) | [Hope Again](https://www.hopeagain.org.uk/hope-again-videos) |
| Bullying | TooToot  [No More Bullying Me](http://www.nomorebullyingme.com/) | [ChildLine](https://www.childline.org.uk/) - 0800 1111 | [NSPCC](https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/?_t_id=1B2M2Y8AsgTpgAmY7PhCfg%3d%3d&_t_q=bullying&_t_tags=language%3aen%2csiteid%3a7f1b9313-bf5e-4415-abf6-aaf87298c667&_t_ip=80.6.94.129&_t_hit.id=Nspcc_Web_Models_Pages_StandardPage/_2df231ae-f9bf-486c-a5b2-c0855350f5c7_en-GB&_t_hit.pos=1)  [Anti-Bullying Alliance](https://www.anti-bullyingalliance.org.uk/)  [THINKUKNOW](https://www.thinkuknow.co.uk/) | [The Mix](https://www.themix.org.uk/get-support/speak-to-our-team)  [1-2-1 chat](https://www.themix.org.uk/get-support/speak-to-our-team) | [The Mix – Email Us](https://www.themix.org.uk/get-support/speak-to-our-team/email-us) | [Anti-Bullying Alliance](https://www.anti-bullyingalliance.org.uk/tools-information) |
| LGBTQ+ |  | [Barnardo’s](https://www.barnardos.org.uk/what-we-do/services/positive-identities-gender-space)  0113 239 5581 | [Stonewall Youth](https://www.youngstonewall.org.uk/lgbtq-info)  [Mermaids](https://mermaidsuk.org.uk/) | [Mermaids WebChat](https://mermaidsuk.org.uk/contact-us/) | [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk) | [Genderbread Person](https://www.genderbread.org/) |
| Eating Disorders | Rise up & Recover  RR Eating Disorder Management | [Beat Eating Disorders](https://www.beateatingdisorders.org.uk/support-services/helplines)  Helpline: 0808 801 0677  Student Line: 0808 801 0811  Youth Line: 0808 801 0711 | [Beat Eating Disorders](https://www.beateatingdisorders.org.uk/)  [Time to Change](https://www.time-to-change.org.uk/about-mental-health/types-problems/eating-disorders)  [Mind](https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/types-of-eating-disorders/#.XH-e9ij7TIV) | [Beat Eating Disorders One to One WebChat](https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one)  [info@mind.org.uk](mailto:info@mind.org.uk) | [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk) | YoungMinds  [Anorexia](https://youngminds.org.uk/find-help/conditions/anorexia/)  [Bulimia](https://youngminds.org.uk/find-help/conditions/bulimia/) |
| Body Image | Rise up & Recover  RR Eating Disorder Management | [The Mix-](https://www.themix.org.uk/get-support)  0808 808 4994 | [Dove Self Esteem Project](https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me/self-esteem-school-resources-confident-me-five-sessions.html)  [Be Real](https://www.berealcampaign.co.uk/)  [Fixers](http://www.fixers.org.uk/) | [Kooth](https://kooth.com/)  [The Mix](https://www.themix.org.uk/get-support/speak-to-our-team)  [1-2-1 chat](https://www.themix.org.uk/get-support/speak-to-our-team) | [The Mix – Email Us](https://www.themix.org.uk/get-support/speak-to-our-team/email-us) | [The Mix – Why We All Need More Body Kindness in Our Lives](https://www.themix.org.uk/your-body/appearance/why-we-all-need-more-body-kindness-in-our-lives-32249.html) |