

Useful Apps



What's Up? Free app (with add on purchases). Uses CBT (cognitive behavioural therapy) and ACT (acceptance commitment therapy) to help you cope with depression, anxiety, stress and more.



SAM (Self-Help for Anxiety Management) helps you understand and manage anxiety through self-help exercises and private reflection



Stay Alive is packed full of information to keep you safe if you are having thoughts of suicide or if you are concerned about somebody else having these thoughts.



Headspace Live a happier and healthier life with this app's bitesize meditations. Great for stress and for sleeping difficulties. It also offers SOS exercises for distressing times.



MindShift is an app developed for young people to combat anxiety and teach everyday coping strategies. This app will help coach you in challenging situations.



Calm Harm helps you to resist the feelings of wanting to self-harm and help you manage your urges.



Down Dog Yoga is a free app (options for paid membership) that will help you practice yoga and home (or anywhere!)



Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image.

Useful Websites

E-Motion - www.e-motion.org.uk - Online counselling for 12-18 year olds in East Sussex

Moodjuice - www.moodjuice.scot.nhs.uk - free CBT printable workbooks to help with a number of difficulties – low mood, anxiety, shyness, PTSD, Sleep problems etc

Childline - www.childline.org.uk - Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards

The Blurt Foundation - www.blurtitoout.org/resource/self-care-info - A gigantic hug in a box; packed full of products to nourish, inspire and encourage self-care

Students Against Depression - www.studentsagainstdespression.org - Students Against Depression provides you with a calm environment and the resources to help you find a way forward

Messaging Services

Young Minds – Text YM to 85258 - If you are experiencing a mental health crisis and in need of support, the Young Minds crisis messenger service provides free, 24/7 crisis support

CALM - www.thecalmzone.net/help/webchat/ - 5pm 'til Midnight every day - The Campaign Against Living Miserably (**CALM**) is an award-winning charity dedicated to preventing male suicide

Useful Phone Numbers

Samaritans (24 hours) helpline 116 123 or email jo@samaritans.org

Papyrus HOPEline (Mon – Fri 10am-10pm 0800 068 41 41, 2pm-10pm weekends and bank holidays 0800 068 41 41 or text 07786209697 or email pat@papyrus-uk.org

Sussex Mental Healthline (Mon-Fri 5pm to 9am, 24hrs weekends and bank holidays) 0300 5000 101

NHS out of hours 111 or call 999 if it is an emergency

