

# Helplines, Online Information & Apps

## Helplines:

- NSPCC (Childline) 0800 1111
- Anxiety UK 08444775774
- Young Minds Parent Helpline: 08088025544 (Mon-Fri 9.30 am-4 pm)
- Samaritans 116 123 or [www.samaritans.org](http://www.samaritans.org)
- POPYRUS 0800 0684141 or [www.papyrus-uk.org](http://www.papyrus-uk.org) (suicide prevention)
- HOPElineUK (Depression) 0800 0684141

## Self-Help Information Online:

- Get self Help [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) - Self-help worksheets and advice
- TherapistAid.com Self-help Worksheets and advice
- The Calm Zone [www.thecalmzone.org.uk](http://www.thecalmzone.org.uk)
- Life Signs [www.lifesigns.org.uk](http://www.lifesigns.org.uk)
- [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) Self-help Guides - Anxiety, Sleep problems, Depression, Anger, Stress, Obsessions & Compulsions
- Youngminds [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Rethink [www.rethink.org](http://www.rethink.org)
- Harmless [www.harmless.org.uk](http://www.harmless.org.uk)
- Childline [www.childline.org.uk/talk](http://www.childline.org.uk/talk)
- Catch22 - Substance Misuse [catch-22.org.uk](http://catch-22.org.uk)
- CWMT - Coping with Depression [www.cwmt.org.uk](http://www.cwmt.org.uk)
- Student Minds [www.studentminds.org.uk](http://www.studentminds.org.uk)
- Student support group [www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)
- Charlie Waller Memorial Trust
- Thinkuknow [www.thinkyounow.co.uk](http://www.thinkyounow.co.uk)
- Drugs [www.talktofrank.com](http://www.talktofrank.com)
- Sexual Health & wellbeing [www.brook.org.uk](http://www.brook.org.uk)

## Phone Apps

- Stay Alive
- Headspace
- Memory Star
- Worry Time
- Stop Breath Think
- For Me (Childline App)
- Sendthisinstead (combat sexting from peers)
- Mindshift (mindfulness)
- Digital Crisis (Crisis Management)
- Calmharm
- SAM