Mental Health apps – Click the picture to take you to download/information

ALL AGES

Smiling Mind

A meditation program developed by psychologists and educators to help bring mindfulness into your life

Super better

Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles

Calm

Meditation techniques to aid with stress and sleep.

Worry Tree

The WorryTree app aims to help you take control of worry wherever you are.

ChildLine 0800 1111

eQuoo

The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills.

Under 12's

Headspace

A meditation app that acts as a personal guide to health and happiness

SafeSpot

Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.

Chill Panda

Chill Panda helps children better understand their stress and shows them ways to feel better using breathing techniques, yoga, exercise and calming games.

Teenagers

MoodGym

An online cognitive behaviour therapy program for depression and anxiety

Happify

Turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.

What's Up

Utilising some of the best CBT methods to help you cope with Depression, Anxiety, Anger, Stress and more

Distract

The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.

Mental Health apps – Click the picture to take you to download/information

Mindshift

A free app designed to help teens and young adults cope with anxiety.

Calm Harm

An app that helps young people manage the urge to self-harm.

HappiMe

Free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people

Blue Ice

BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.

Me2

MeeTwo is a free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources

Think Ninja

This app from Healios, helps young people aged 11 to 17 years old with their mental health, emotional well-being and resilience.

Cove

Create music to reflect emotions like joy, sadness and anger to help express how you feel.

Clear Fear

Clear Fear provides you with a range of ways to manage anxiety.

Combined Minds

An app developed to help families and friends support young people with their mental health

not OK

notOK App® is a free digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out.

Feeling Good Teens

The Feeling Good Teens App uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation – access is free using the username: coboost and password: coboost during this period

Stay Alive

This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

SAM

SAM is an app to help you understand and manage anxiety.

Virtual Hope Box

The Virtual Hope Box (VHB) is a app that contains simple tools to help with coping, relaxation, distraction, and positive thinking.

1 Giant Mind

This app is for anyone who wants to feel less stressed, calmer and more present and experience greater health and well-being.

My 3

Help yourself and reach out to others if you are having thoughts of suicide.

Mental Health apps – Click the picture to take you to download/information

shout 85258 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

ChatHealth School Nurses are able to offer you confidential advice and support should you need it. The ChatHealth text service is an easy way for young people 11-19 to confidentially ask for help with a range of issues. ChatHealth allows young people in Hampshire to text messages to a dedicated number.

07507 332160

Once received, the school nurse will respond to the text within one working day.

ChatHealth is available Monday to Friday from 9am-4.30pm

THE MIX

For under-25s – a variety of health concerns, including mental health. 💻 https://www.themix.org.uk/

✆ **0808 808 4994**

Also includes 1-to-1 chat (4pm-11pm)

📱 Crisis Messenger: **text THEMIX to 85258**, plus

email – see contact details

💻 https://www.themix.org.uk/get-support/speak-toour-team

kooth

KOOTH

At Kooth, we believe every young person has the right to thrive and to access high quality mental health care. Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, we provide end to end support whatever the need.

LGBT+

Switchboard is a confidential LGBT+ helpline: phone, webchat and email. https://switchboard.lgbt/

YOUNGMiNDS

text YM to 85258

CRISIS TEXT LINE

mind for better mental health

Information and support for young people

Hampshire CAMHS

CAMHS Hampshire have put together a list of some of the things that you might be experiencing, or some of the difficulties that you might be having, and some top tips on how to manage them.

Young People – CAMHS (hampshirecamhs.nhs.uk)

My Support Space (Victim Support)

My support Space is an online resource designed to help you manage the impact that crime has had on you.

mysupportspace.org.uk

PAPYRUS prevention of young suicide

0800 068 4141

pat@papyrus-uk.org