

Useful Apps

These apps can be useful in supporting young people with their mental health. Some can be used to communicate with trained professionals, others to journal, track or practice skills.



Calm App

Sleep more, stress less, live better. Breathe, Relax, Sounds, Health.



DistrACT

Reliable self-harm information and support.



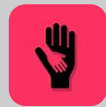
Tell Mi

Can't tell anyone else? TellMi. Safe and anonymous - connect to professional support.



Thought Diary

Anxiety journal. Manage worry, Transform your thoughts and feel better.



What's Up?

For helping you through those difficult times. CBT based self-help.



Headspace

Mindful meditation. Focus, Meditate, Relax, Sleep.



Calm Harm

Track and resist self-harm urges.



MindShift

CBT anxiety relief. Manage anxiety and be mindful.



Mental Health Support Team Portsmouth

Portsmouth Mental Health Support Team



Solent NHS Trust

Support Contacts

If you feel like you are struggling with managing your mental health, there is support out there for you. Inside are some different numbers and organisations which you can contact.

MHST offer Cognitive Behavioural Support (CBT) for low mood and anxiety - if you feel this is something you would like to access, speak to someone in your school/college who can discuss with the MHST link worker.

Helpful websites

Phone/text numbers

Useful apps

If you need to talk to somebody right now, these organisations can help:



NHS 111

Samaritans 116 123



In emergencies, call 999

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Helpful Websites

Below are some websites which can offer support or resources for young people's mental health. These could be accessed by young people directly, parents/carers or schools/colleges.



Young Minds: youngminds.org.uk
Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.



Papyrus: papyrus-uk.org
A charity for the prevention of young suicide (under 35) in the UK. Their website offers help, advice and resources.



Mind: mind.org.uk
We're Mind, the mental health charity. We're here to make sure no one has to face a mental health problem alone.



The Mix: themix.org.uk
The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile. 1:1 chat and messenger, discussion boards, information.



Kooth: kooth.com
An online mental wellbeing community providing articles, discussion boards, chats with the team, journaling & more!



NSPCC: nspcc.org.uk
NSPCC and Childline is a UK service open 24/7 for children to talk about anything that's worrying them. Children or young people who are suffering abuse or feeling suicidal can reach out for support.



Shout: giveusashout.org
Shout is a website and text chatline to gain support with anxiety, stress, low mood, suicidal thoughts and more.

Phone/Text Numbers

Here are some contact numbers which young people can use to reach out for support with their mental health.



Text **YM to 85258** for free mental health crisis support, any time of the day.

For immediate support text **SHOUT** or **YM to 85258** to chat by text to a trained and supervised volunteer. Free, confidential and available 24 hours a day, 365 days a year.



If you need someone to talk to, we listen. We won't judge or tell you what to do. Call us anytime, day or night or chat with us online. Call 116 123.



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.



HOPELINEUK advisers want to work with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe. 9am-midnight everyday



SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. We are normally open every day of the year from 4pm to 10pm on **0300 304 7000**.

CAMHS Portsmouth **0300 123 6632** (Mon-Fri 9-5)

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