

Mental Health and Wellbeing Home Learning Pack

Help and Guidance

Charities, supportive networks, useful websites
and helpful apps



“Keep Calm, Stay Wise, Be Kind” – Action for Happiness

Websites

- **Anxiety UK** - **0844 475 774** 9.30am - 5.30pm Monday to Friday. Supports those living with anxiety disorders by providing information, support and resources. www.anxietyuk.org.uk
- **Beat** - **0845 634 1414** 1.30pm - 4.30pm Monday to Thursday. Support for sufferers of eating disorders. <https://www.beateatingdisorders.org.uk/>
- **Childline** - **0800 1111** 24 hours a day. Confidential advice for children and young people. <https://www.childline.org.uk/>
- **Childline Calm Zone**. There are lots of way to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress. <https://www.childline.org.uk/toolbox/calm-zone>
- **Don't be a Zombie**. An online platform to engage and educate young people about the effects of drugs and alcohol and combating the issues associated with substance misuse among young people in the UK. www.dontbeazombie.co.uk/the-project/
- **Family Lives**. Family Lives is a national family support charity providing help and support to families who are struggling. We build better family lives together. <https://www.familylives.org.uk/>
- **Kooth – Free, safe and anonymous online support for young people**. www.kooth.com/
- **MindEd**. MindEd is a free learning resource about the mental health of children, young people and older adults. <https://mindedforfamilies.org.uk/>
- **On My Mind**. On My Mind aims to empower young people to make informed choices about their mental health and wellbeing. The website includes lots of self-care tips and strategies. <https://www.annafreud.org/on-my-mind/self-care/>
- **Rise Above**. Rise Above is where you will find interesting and useful stuff from the web and beyond to get us all talking about the things that matter to us. You'll find inspiring and useful stories, videos, games and advice. <https://riseabove.org.uk/>
- **Samaritans** - **116 123** 24 hours a day. Confidential support for people experiencing feelings of distress or despair. <https://www.samaritans.org/>
- **Stem4**. Supporting positive mental health in teenagers. <https://stem4.org.uk/#>
- **YoungMinds** - **0808 802 5544** 9.30am - 4pm Monday to Friday. Committed to improving the emotional wellbeing and mental health of children and young people. [ww.youngminds.org.uk](http://www.youngminds.org.uk)

Apps

Calm Harm. Calm Harm is a free app to help teenagers manage or resist the urge to self-harm
<https://calmharm.co.uk/>

Clear Fear. Clear Fear is a free app to help children and young people manage the symptoms of anxiety. <https://www.clearfear.co.uk/>

Combined Minds. Combined Minds is a free app to help families and friends provide mental health support. <https://combinedminds.co.uk/>

FearTools. Lower your anxiety with effective tools! FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery.
<https://www.feartools.com/>

For Me: The Childline App From advice to message boards, you can now get everything you need from Childline in an app. It's quick, easy and you can lock it with a PIN. You can use it to talk to us whenever - and wherever - you need to. <https://www.childline.org.uk/toolbox/for-me/>

Mood Tools. MoodTools is a free, convenient, and easy-to-use smartphone app that provides six evidence-based tools to aid against clinical depression and negative moods on a large scale.
<https://www.moodtools.org/>

Headspace. Headspace is a great and simple app for beginning meditators looking to learn as well as more advanced meditators who want to deepen their practice. It offers meditation series that address various topics, like anxiety, stress, sleep, and physical exercise. <https://www.headspace.com/>

Smiling Mind. Smiling Mind is a mindfulness and meditation accessible to everyone all you need is 10 minutes a day. This app offers guided meditations to improve mental health and academic performance. <https://www.smilingmind.com.au/>