

Online counselling & support



MindFresh is an App and a website designed to meet the growing need for better communication and support in children and young mental and emotional healthcare. <https://Mindfresh.nelft.nhs.uk>



Big White Wall™

www.BigWhiteWall.com - The heart of Big White Wall is its community of members, who support, help each other and share what's troubling them in a safe and anonymous environment. The site is available 24 hours a day, 7 days a week, 365 days a year. You can find support simply by logging on.



Elefriends is a mental health social network, managed by mind. It aims to provide a supportive online community for people aged 18 and over to chat about their lives, including any mental health problems, and just to be themselves <https://www.elefriends.org.uk>



Kooth offers emotional and mental health support to 11-19 year olds (or 25 with SEND). Young people choose an avatar and can have 'drop in' chats with a counsellor or therapist, book a 1:1 session, or talk to other young people anonymously <https://kooth.com/>



Mind provides advice, support and information on an extensive set of topics from sleep problems to suicidal thoughts. www.mind.org.uk



The Mix provides support and information for the under 25's on a range of topics including, mental health, substances, your body, relationships and others. Also has a free phone number: **0808 808 4994**; and a Crisis Messenger service. <https://themix.org.uk>

SAMARITANS

Samaritans is a charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide. You can call Samaritans free on **116 123** from any phone, 24hrs a day, 365days a year. You can also email jo@samaritans.org - someone will reply within 24hrs.



Live Well offers advice for improving mental and physical wellbeing for those aged 17+. Provides useful contact numbers if you are in emotional distress and require urgent support.

<https://livewellkent.org.uk>



Childline is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC. Get help and advice about a wide range of issues, talk to a counsellor online, call us on **0800 1111**, send *Childline* an email, or post on the message boards www.childline.org.uk

Apps and websites for wellbeing skills and support



WYSA (Google Play/Apple store) - an 'emotionally intelligent' penguin that learns to react to the emotions you express. Over time it gets to know you better and proactively reaches out to help you. It uses evidence-based CBT techniques to help you feel better. You can chat with WYSA using text and photo responses.



Headspace is a site which uses meditation and mindfulness techniques to reduce stress and help relieve anxiety:
<https://www.headspace.com/mindfulness>



Calm Harm provides tasks that help you resist or manage the urge to self-harm. It's completely private and password protected. It uses ideas from an evidence-based therapy called DBT. The focus is to help learn to identify and manage your 'emotional' mind with positive impact. The app enables you to track your progress. **(Google Play/Apple store)**



SAM (Self-help for Anxiety Management) - SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. **(Google Play/Apple store)**



Pacifica gives you psychologist-designed tools to address stress, anxiety, and depression based on CBT, mindfulness, relaxation, and mood/health tracking. Calm down in moments of stress or anxiety using deep breathing, muscle relaxation, positive visualization, mindfulness meditations, and more **(Google Play/Apple store)**



Moodjuice has lots of information to help you think about emotional problems, and work towards solving them. www.moodjuice.scot.nhs.uk



What's Up? helps you quickly check-in to find perspective with your thoughts and feelings. When you feel negative thoughts taking over, use the app to help you overcome them. The app also has grounding techniques to help you re-center **(Google Play/Apple store)**



Minded - Free educational resource on children and young peoples' mental health for parents and carers. <https://www.minded.org.uk>



Stop, Breathe & Think Kids is a mindful games app designed for kids age 5-10. Kids can check how they are feeling using emojis and try mindful meditations around those emotions. Stickers reward progress and keep mindful activities engaging. **(Google Play/Apple store)**



Mind Shift can help teenagers and young adults manage their anxiety. Gives useful advice and strategies
<https://anxietybc.com/resources/mindshift-app>



CBT Thought diary will help you evaluate, understand and change your thoughts and feelings. You can identify your emotions, analyze how and why you're feeling this way, challenge negative beliefs, and change your thinking patterns for future situations (**Google Play/Apple store**)



Catch It - Learn to manage feelings of anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing (**Google Play/Apple store**)



Worry Watch aims to capture and reflect on momentary self-realizations. By logging 'what might happen' and then tracking it to 'what did happen', we can challenge our perceptions and change future thought patterns (**Google Play/Apple store**)



Wellmind is designed to help with stress, anxiety and depression. Includes advice, tips and tools to improve mental health and wellbeing. <http://www.dwmh.nhs.uk/wellmind/>



The Worry Box helps you manage your worries. Keep a personal diary in the app. The Worry Box then helps you decide if the worry is unimportant, important, controllable, or uncontrollable. The app will give you techniques to help manage it, like next steps or coping statements to tell yourself. (**Google Play/Apple store**)



SilverCloud is an online course to help people manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace. 16+



Sleepio helps people overcome sleep problems. It's based on cognitive behavioural therapy (CBT). Evidence suggests that it can even help people with long-term sleep problems sleep better. (**Google Play or Apple store**)



Kids Sleep Dr: The app helps parents understand and improve the sleeping and waking patterns of children and young people from newborns to teenagers <http://kidssleepdr.com/index.html>

Young carers



A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. **Carers Trust** helps young carers to cope with their caring role through specialised services across the UK

<https://carers.org/about-us/about-young-carers>

Autism support



**National
Autistic
Society**

The National Autistic Society is the leading UK charity for autistic people (including those with Asperger syndrome) and their families. <https://www.autism.org.uk/>



The Kent Autistic Trust provides confidential support, reliable information, practical advice and emotional support, to families, parents/carers, professionals and individuals affected by autism across Kent and Medway. **Contact:** Jo Blamires (Family Support Officer)
☎ 01634 405168 ✉ jo@kentakautistic.com www.kentakautistictrust.org



Beams
Supporting disabled children & families

Beams is a local charity that supports disabled children, young people and their families via advice, short breaks and direct payments. <https://wearebeams.org.uk/> ☎ 01322 668501

Suicide support



PAPYRUS
prevention of young suicide

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact:
0800 068 4141 · pat@papyrus-uk.org · www.papyrus-uk.org/



Zero Suicide Alliance is a collaboration of NHS trusts, businesses and individuals who are committed to suicide prevention in the UK and beyond. The alliance raises awareness and provides free suicide prevention training at:
<https://www.zerosuicidealliance.com/>

Bereavement support



**Holding On
Letting Go**

Holding On Letting Go is a Kent-based charity that helps children to cope with the death of someone close to them.
<https://holdingonlettinggo.org.uk/>
☎ 03445 611 511 ✉ info@holg.org.uk



**Cruse
Bereavement
Care**

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. We offer support, advice and information when someone dies and work to enhance society's care of bereaved people.
<https://www.cruse.org.uk> ☎ 0808 808 1677



**SLIDE
AWAY**
Helping bereaved young people get back on their feet

Slide Away offers support to children and young people in West Kent who have been bereaved of a family member or friend. We also support children and young people who have a parent or sibling with a life limiting illness.
<http://www.slideaway.org/>