

Anxiety & Panic

Resources

WEBSITES

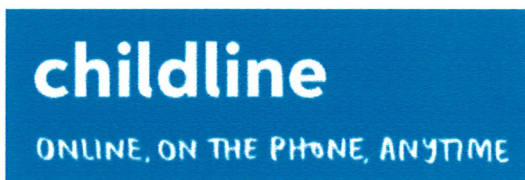


<https://youngminds.org.uk/>

YoungMinds Parents Helpline – call 0808 802 5544 (Monday to Friday 9.30am to 4pm, free for mobiles and landlines)

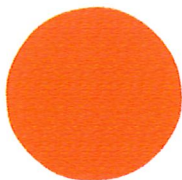


<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>



<https://www.childline.org.uk/>

APPS



HEADSPACE®

Headspace - A free, easy to use app which contains guided meditation and relaxation techniques



Calm Harm – A free easy to use app for when there is an urge to self-harm or when there is increased anxiety. Contains techniques under these headings: Comfort, Distract, Express Yourself, Release, Random and Breathe.

OTHER AGENCIES

Bedford Open Door - <http://www.bedfordopendoor.org.uk/> - Bedford Open Door is a charity providing FREE and confidential counselling to young people. Counselling is provided by a team of fully trained, experienced and friendly volunteer counsellors.

CHUMS - <http://chums.uk.com/> - CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways. You can self-refer to CHUMS through their website

Sorted Dunstable - <https://www.sortedbedfordshire.org.uk/> - Sorted offers a FREE and CONFIDENTIAL counselling service for young people aged between 10 and 25 years in Dunstable, Houghton Regis and the surrounding areas

Kooth - <https://www.kooth.com/> - Free, safe and anonymous online support for young people

School & colleges – most schools & colleges now have counsellors/student support staff who are able to offer 1:1 support