



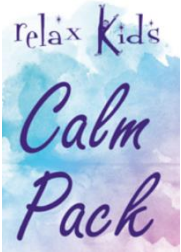
























MENTAL HEALTH DIRECTORY

NAME	BRIEF DESCRIPTION	CONTACT DETAILS
Anna Freud National Centre for Children and Families 	A Children's charity offering a range of specialist interventions and resources to support families	<p>www.annafreud.org</p> <p>Coronavirus: resources for mental health and wellbeing toolkit #1 : Mentally Healthy Schools</p> <p>Self Care, Anxiety, Depression, Coping Strategies On My Mind Anna Freud Centre</p>
Anxiety UK 	Telephone and online support for children and young people experiencing anxiety.	<p>www.anxietyuk.org.uk</p> <p>Tel: 03444 775 774</p>
Barnardos 	Our specialist workers support families through domestic abuse, mental health problems, prison sentences, asylum seeking and much more.	<p>www.barnardos.org.uk/lancashire-young-carers.html</p> <p>Email: lancashireyoungcarers@barnardos.org.uk</p> <p>Tel: 01772 432020</p>
Childline 	A place for children and young people to talk confidentially about something they are worried about.	<p>www.childline.org.uk</p> <p>Tel: 08001111</p>

	<p>This pack is full of activities and exercises to help families come together and feel safe and calm in these strange and unsettling times.</p>	<p>Free Calm Pack - Stay calm with Relax Kids</p>
	<p>The aim of this video is to help little people manage the big emotions they experience. It includes some simple breathing exercises and stretches to help.</p>	<p>Calming Exercises for Kids: Breathing and Stretching - Bing video</p>
	<p>An action a day calendar to encourage happiness.</p>	<ul style="list-style-type: none"> • Action for Happiness
<p>Healthy Young Minds</p> 	<p>Variety of advice, guidance and support related to children and young people's mental health and emotional wellbeing.</p>	<p>www.healthyyoungmindspsc.co.uk</p>
<p>Kooth</p> 	<p>Kooth online counselling service for 10 - 25yr olds</p>	<p>www.kooth.com</p>
<p>Mind</p> 	<p>A National mental health charity providing information and advice around mental health.</p>	<p>www.mind.org.uk</p>
<p>MindED</p> 	<p>Free educational resources on children and young people's mental health for adults.</p>	<p>www.mindfull.org.uk</p>
<p>NSPCC</p> 	<p>A UK leading charity helping to prevent child abuse.</p>	<p>0808 8025544</p>

<p>The Samaritans</p> 	<p>A confidential helpline which offers support and advice for those in emotional distress.</p>	<p>Tel: 116 123</p>
<p>The Youth Wellbeing Directory</p> 	<p>A free online resource which outlines local mental health services for children and young people up to 24 years old.</p>	<p>www.youthwellbeing.co.uk</p>
<p>Young Minds</p> 	<p>A UK wide charity committed to improving the emotional wellbeing and mental health of children and young people.</p>	<p>www.youngminds.org.uk If Urgent text YM to 85258</p>
<p>Young Minds Parentline</p>	<p>Information and advice for anyone worried about a child or young person under 25 years old.</p>	<p>Tel: 0808 802 5544</p>

APPS

NAME	BRIEF DESCRIPTION	NAME	BRIEF DESCRIPTION
Headspace 	Designed to help you focus, breathe, stay calm, perform at your best, and get a better night's rest through the life-changing skills of relaxation, meditation and mindfulness	Mindshift 	Uses strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety
Calm 	An app for meditation and sleep. Designed to help lower stress, lessen anxiety, and assist in a more restful sleep.	Worrinots 	Provides children with a platform that they can use to communicate their worries, fears and anxieties
Calm kids, connected parents 	Gives you resources on all kinds of parenting dilemmas at your fingertips.	Chill Panda 	An app designed to help with anxiety, managing worries and improving wellbeing for primary school-aged children
7 cups 	Free anonymous emotional support and counselling from trained active listeners.	Dragon in the Attic 	A game for 7 - 11 year old boys and girls about health and wellbeing choices which gives players greater awareness and confidence.
SAM – Self-help for Anxiety Management 	An app that offers a range of self-help methods for people who are serious about learning to manage their anxiety		
WellMind 	Free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression.		