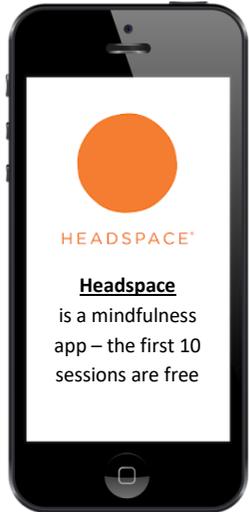




What free mobile apps can I use to support myself?



Headspace
is a mindfulness app – the first 10 sessions are free



StayAlive
is a suicide prevention app with helpful tools and info



WellMind
is an NHS app that helps with stress, anxiety and depression



Pacifica
tracks mood and health behaviour and provides helpful tools



Mindshift
strategies to manage worry, panic, conflict and social anxiety



MoodPath
asks daily questions to help awareness of thoughts



7 Cups
has therapy 24/7 to support with anxiety and depression



Super Better
is a game focusing on increasing resilience



Happify
offers activities and games to help emotional well-being



Calm Harm
offers distraction techniques and coping skills for self-harm





Is there anything else that I might find helpful?

Try to distract yourself...

- ✚ You could do an activity such as painting, mindfulness colouring, cooking/ baking, go for a walk, run or cycle, do a 1000 piece puzzle.
- ✚ Listen to your favourite music
- ✚ Watch a funny movie or TV programme
- ✚ Take a cold shower



Try some relaxation techniques...

- ✚ Take a bath, do some breathing exercises or guided relaxation (use some of the mobile apps to help you)
- ✚ Follow a yoga tutorial on YouTube

Focus on your 5 senses...

- ✚ Smell – use some scented oils such as lavender or peppermint
- ✚ Taste – eat something sour or spicy
- ✚ Touch – get some sensory items like slime or a stress ball, do a facemask
- ✚ Sound – listen to music or focus on the sounds around you
- ✚ Sight – look at picture of people and things you care about

Other ideas...

- ✚ Talk to someone who you find supportive.
- ✚ Think of things you are looking forward to in the next week-perhaps walk, run, cycle in open spaces. If with friends remember to stick to social distancing advice to stay 2m apart
- ✚ Write down your thoughts to get them out of your head
- ✚ Make a list of your hopes and goals for the future.



What national telephone/online support can I access?

If you are struggling with your feelings and want to talk to someone there are lots of telephone and online services. These are free to use, and have confidentiality policies. Some of these are 24 hours a day so you can speak to someone.

South West London and St George's mental health trust crisis line

0800 028 8000

ChildLine

Call **0800 1111** to speak to a counsellor, or visit www.childline.org.uk for an online 1-2-1 chat with a counsellor or to post on their message boards.

Samaritans

Call **116 123** to be listened to 24 hours a day, email them using jo@samaritans.org or visit www.samaritans.org for more information.

YoungMinds

Text YM to **85258** to access their Crisis Messenger available 24/7



HOPELineUK

A confidential support service for young people having thoughts of suicide. Call them on **0800 068 4141**, text them on **07786 209 697**, or email pat@papyrus-uk.org. Find more information at www.papyrus-uk.org

Family Lives

Call **0808 800 2222** for information and advice on any aspect of parenting and family life, including bullying.

Mermaids

Call **0344 334 0550** for emotional support for transgender and gender diverse young people and their families/friends. Visit www.mermaidsuk.org.uk

B-eat

Call **0808 801 0711** or visit www.b-eat.co.uk for help to beat eating disorders.