



BE KIND TO YOUR MIND

FREE RESOURCES

CONTACTS

Phone Number/ Websites

Childline: 0800 1111 or www.childline.org.uk

A 24-hour helpline to support young people with any issues or concerns you may have. There is the option to phone, or you can text and email.

Anxiety UK: 03444 755 744 or www.anxietyuk.org.uk

A helpline that provides advice and support to those living with anxiety.

Hope Again: 0808 8081677 or www.hopeagain.org.uk

A helpline that provides support to young people who are struggling with the passing away of a loved one

NHS Go: www.nhs.go.uk

An NHS app that provides confidential health advice and support for 16 to 25 year olds

Beat Eating Disorders: 0808 8010677 or www.beateatingdisorders.org.uk

A website and helpline which provides support for those who are struggling with an eating disorder.

APPS

found on any appstore

Cove: A free app in the Appstore

This app allows you to create music to express your mood and emotions which you can save and use to make a personal journal.

Stress and Anxiety Companion: A free app in the appstore

This app helps to handle anxiety and stress by using breathing exercises, relaxing music and games designed to help calm your mind. The app helps you to identify your triggers of anxiety or stress and change your negative thoughts into positive ones.

.