

Suggested Self-help Apps

MHST recommend these free apps which you can use whilst waiting to be seen by a Mental Health Practitioner.



Calm Harm - provides tasks that can help you resist or manage the urge to self-harm.



MindShift - aims to help you learn how to relax and develop new ways of thinking to help your anxiety.



Think Ninja - Designed for 10- to 18-year-olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing and develop skills they can use to build resilience and stay well.



ReachOut Worry Time - Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. ReachOut Worry Time interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day.



Cove (Apple devices only) - Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger.



Smiling Mind - The Smiling Mind app is a good choice if you have young people you want to introduce to meditation.

Resources for Adults

Health in Mind (17 years and 6 months onwards)

Tel: 0300 00 30 130

Website: www.healthinmind.org.uk (self-referral form on website)

Email: spnt.healthinmind@nhs.uk

Crisis Help

If the young person is in a crisis and needs urgent support but can keep themselves safe, they can also contact the following organisations. If the risk is immediate go to Accident and Emergency.

Young Minds - Text YM to 85258 (Young Minds 24/7 text response - texts are free)

Child Line - Call Childline 0800 1111 or online chat <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Sussex Mental Health Helpline - Tel: 0800 0309 500 (Mon-Friday 5pm-9am; 24 hours at weekends and bank holidays) or 0300 5000 101 for text calls

Harmless - <http://www.harmless.org.uk/>

Papyrus HOPE Line UK (Suicide prevention charity) - Tel: 0800 068 4141 (Mon-Friday 10am-5pm & 7pm-10pm; Sat-Sun 2pm-5pm) www.papyrus-uk.org

Bullying UK Helpline - Tel: 0808 800 2222 (Mon-Friday 9am-9pm; Sat-Sun 10am-3pm) <https://www.bullying.co.uk/>