Suggested Self-help Apps

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



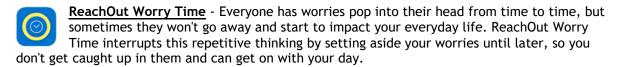
Calm Harm - provides tasks that can help you resist or manage the urge to self-harm.



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



<u>Think Ninja</u> - <u>D</u>esigned 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.





<u>Cove (Apple devices only)</u> - 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.



<u>Smiling Mind</u> - 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) <u>www.papyrus-uk.org</u>

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