











Where Can I Find Support Online?

 <p>kooth.com</p>	<p>Kooth offers free, safe and anonymous online support for young people. You can message a counsellor, read articles written by young people, get support on the moderated online discussion boards, set goals or write a journal to track how you're feeling. Kooth counsellors are available until 10pm every day.</p>
 <p>childline.co.uk</p> <p>0800 1111</p>	<p>ChildLine offers free, private and confidential service for children and young people 24/7. You can contact ChildLine by email, 1-2-1 counsellor chat or on the phone and talk to a counsellor about anything, no matter how small. Their website has loads of information and videos with advice and a moderated message board to write how you're feeling, share your experiences with other young people or ask a question. There's also an art box to express how you feel creatively.</p>
 <p>youngminds.org.uk</p> <p>Text YM to 85258</p>	<p>Young Minds is the UK's leading charity fighting for young people's mental health. Their website has lots of information and advice. If you need urgent help for a mental health crisis you can text the Young Minds Crisis Messenger for free on major networks, 24/7. Text YM to 85258</p>
 <p>papyrus-uk</p> <p>0800 068 4141</p>	<p>Papyrus is the national charity dedicated to the prevention of young suicide. Their website has lots of information and advice.</p> <p>You can call their Hopeline on 0800 068 4141 9am-10pm on weekdays and 2pm-10pm at weekends and back holidays for confidential support and advice if you are experiencing thoughts of suicide or if you're concerned about another young person.</p>
 <p>onmymind.info</p>	<p>On My Mind aims to empower young people to make informed choices about their mental health and wellbeing. It includes:</p> <ul style="list-style-type: none"> • Ideas for self care • Understanding referrals • What to expect when working with a service • Jargon busters • How you can help a friend
 <p>Text SHOUT to 85258</p>	<p>Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text SHOUT to 85258</p>

 <p>Samaritans</p> <p>☎ 116 123</p>	<p>Samaritans offers a free, 24/7 helpline for anyone with any problem, no matter how small. Call 116 123</p>
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Here are some reputable, free apps that you might find helpful to download:

 <ul style="list-style-type: none"> • Smiling Mind 	<p>Smiling Mind is a mindfulness and meditation app to support emotional wellbeing. You can tailor the app to your age. It has features to help you to study and to sleep</p>
 <ul style="list-style-type: none"> • Clear Fear 	<p>Clear Fear is designed to help young people to understand and manage anxious thoughts and develop strategies to help.</p>
 <ul style="list-style-type: none"> • Calm Harm 	<p>Calm Harm is an award winning app designed to help young people to understand and manage the urge to self harm and develop strategies to help.</p>

If you're feeling anxious about Coronavirus, here's some great information with some ideas to help you:

- <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- <https://theyarethefuture.co.uk/worry-anxiety-coronavirus/>