













## Where Can I Find Support Online?

 <p>🖥️ <a href="http://kooth.com">kooth.com</a></p>	<p><b>Kooth</b> 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>🖥️ <a href="http://childline.org.uk">childline.org.uk</a></p> <p>☎️ 0800 1111</p>	<p><b>ChildLine</b> 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>🖥️ <a href="http://youngminds.org.uk">youngminds.org.uk</a></p> <p>Text YM to 85258</p>	<p><b>Young Minds</b> 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>🖥️ <a href="http://papyrus-uk.org">papyrus-uk.org</a></p> <p>☎️ 0800 068 4141</p>	<p><b>Papyrus</b> is the national charity dedicated to the prevention of young suicide. Their website has lots of information and advice. You can call their <b>Hopeline</b> 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>🖥️ <a href="http://onmymind.info">onmymind.info</a></p>	<p><b>On My Mind</b> aims to empower young people to make informed choices about their mental health and wellbeing. It includes:</p> <ul style="list-style-type: none"> <li>• Ideas for self care</li> <li>• Understanding referrals</li> <li>• What to expect when working with a service</li> <li>• Jargon busters</li> <li>• How you can help a friend</li> </ul>

 Text SHOUT to 85258	<p><b>Shout</b> 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>
  samaritans.org  116 123	<p><b>Samaritans</b> offers a free, 24/7 helpline for anyone with any problem, no matter how small. Call 116 123</p>

**Here are some reputable, free apps that you might find helpful to download:**

	<p><b>Smiling Mind</b> 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>
	<p><b>Clear Fear</b> is designed to help young people to understand and manage anxious thoughts and develop strategies to help.</p>
	<p><b>Calm Harm</b> 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/>