

Handout

Handy websites and apps

Websites



www.anxietyuk.org.uk

Info on anxiety. Live chat and email support, but have to pay membership fee



www.b-eat.co.uk

Info and support around eating problems



www.bigwhitewall.com

Online Counselling Service (16+)



www.bipolaruk.org.uk

Info on bipolar disorder, eCommunity, support groups. They also have a specific young people's project



www.mycamhschoices.org

Info and support around depression



www.coap.org.uk

Support (including online counselling) for children and young people affected by a parental addiction



www.docready.org

Prepares young people for first visit to a GP about mental health



www.getconnected.org.uk

Support and signposting service for young people under 25. Telephone, email, text and webchat support



www.headmeds.org.uk

Info for young people on medication, mental health and life

KOOTH.com

www.kooth.com

Online counselling and support



www.lifesigns.org.uk

Info and support around self-harm



www.madlyinlove.org.uk

Mental health and relationships, including real stories/advice



www.minded.org.uk

Free educational resource on children and young people's mental health for all adults. Minded for Families is a resource specifically for parents

MINI-ME

www.mini-me.org.uk

Online mood-tracking tool that responds to how you are feeling: congratulates you when you feel good, shows you pictures/videos etc. that you like if you feel a bit off, and contacts a trusted person that you have selected on your behalf if you are feeling really bad



www.moodscope.com

Mood tracking tool. Basic version is free, but you can pay to get more in-depth features



www.nacoa.org.uk

Information and support for children and young people who are affected by a parent's drinking



www.nightline.ac.uk

Listening service for students, provided by trained student volunteers

ocdaction

www.ocdaction.org.uk

Info and support around OCD



www.ocduk.org

Info on OCD, and support forums



www.recoveryourlife.com

Info and support around self-harm



www.sane.org.uk

Lots of info on mental health, as well as telephone, email and text support, and an online forum (have to be 18+ to use forum)



www.selfharm.co.uk

Information for professionals and young people about self-harm



www.studentminds.org.uk

UK student mental health charity. Campaigns and peer support groups in universities across the country



www.studentsagainstdepression.org

Information, advice and real life stories, specifically for students struggling with depression



www.time-to-change.org.uk

Real life stories and information



www.youngminds.org.uk

Information on mental health and wellbeing for young people, parents and professionals



www.youthnet.org

Generic info and advice for Young People

Apps: Mood Trackers



MoodPanda

Half moodtracker, half social network. Allows you to choose whether you keep mood private, or share it publicly for support from other MoodPanda users



Moodbug

Created by MindApples, allows you to track your mood and share with friends or the public if you want to. Can give 'gifts' to others to say well done, or to cheer them



Moodometer

Fairly basic moodtracker from the NHS

Apps: Meditation



Anamaya for Schools

An 11 week full curriculum Mindfulness for School course. Offers 109 lessons and exercises over two age categories (7-11 yrs, and 11+)



HEADSPACE

Headspace

Mini 10 minute meditations. Once you've completed the initial free course you can pay to access more meditations



Stop, Breathe & Think

Guide to meditation. Recommends certain meditations based on how you're feeling

Apps: Anxiety



MindShift

Specifically for young people to help manage anxiety. Lots of tools, techniques and advice



SAM
(Self-help for Anxiety Management)

Help with anxiety management. Interactive games and tools, and anxiety tracker

Stress Tips (Anxiety UK)

Tests to see which form of anxiety you have, audio tips from people with lived experience, information to read



Big White Wall

App version of the website

Apps: Other



Sleep Cycle

Uses the phone's accelerometer to wake you up within a half hour window when you are at the lightest level of sleep- waking up from lighter sleep should help you feel more refreshed and feel better more generally



Get Connected

App version of website, also includes competitions and games



Personal Zen

Game that has been clinically proven to reduce stress.
More info here: www.psychologicalscience.org/index.php/news/releases/reducing-anxiety-with-a-smartphone-app.html



InHand

App to help young people through the ups and downs of life. Suggests activities to help based on how you rank your mood



HealthyMinds

Problem-solving tool aimed at students



Recovery Record

Self-help tool for eating disorders