


Sources of support for Mental Health & Wellbeing

	<p>Mindshift App</p>	<p>Helps teens cope with anxiety Strategies and tools to help deal with everyday anxiety.</p>		<p>No Panic</p>	<p>Talk to online counsellors about panic or anxiety www.nopanic.org.uk</p>
	<p>Smiling Mind App</p>	<p>Mindfulness meditation Free app developed by psychologists and educators for young people aged 7-18.</p>		<p>Citizens Advice</p>	<p>The advice people need for the problems they face and improve the policies and practices that affect people's lives www.citizenadvice.org.uk</p>
	<p>The Mix</p>	<p>Support for Under 25s emotional and mental health. Trusted by the NHS https://www.themix.org.uk/mental-health</p>		<p>Childline</p>	<p>Phone, text and online support with trained counsellors www.childline.org.uk</p>
	<p>Happy Not Perfect App</p>	<p>Supported by science. Designed by people Includes simple exercises to help with mental wellbeing</p>		<p>Kooth</p>	<p>Kooth offers free, safe, anonymous support https://www.kooth.com/</p>
	<p>What's up? App</p>	<p>Cognitive Behavioural Therapy Techniques Using a mixture of CBT to help support</p>		<p>Mind</p>	<p>Information line www.mind.org.uk</p>
	<p>Mind Ed</p>	<p>MindEd is a free educational resource on children and young people's mental health for all adults https://www.minded.org.uk/</p>		<p>Shout Text 85258</p>	<p>Mental health support offered 24/7 via text messaging service https://www.giveusashout.org</p>
	<p>Young Minds</p>	<p>Strategies, support and help for children and young people suffering with their mental health. https://youngminds.org.uk/</p>		<p>Frank</p>	<p>If you are taking drugs or are thinking about taking them then Frank can educate you on the implications. www.talktofrank.com</p>

	<p>NHS</p>	<p>Includes a Mood-self assessment and audio guides for a range of mental health conditions https://www.nhs.uk/conditions/stress-anxiety-depression/</p>		<p>Every Mind Matters</p>	<p>Information and Advice on how you can help others struggling with Mental Health https://www.nhs.uk/oneyou/every-mind-matters/helping-others/</p>
	<p>Live Well Cheshire West & Chester and NHS</p>	<p>Support and information services in Cheshire West and Chester https://livewell.cheshirewestandchester.gov.uk/</p>		<p>Mental Health Foundation</p>	<p>Part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak. https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</p>