









Handy Websites and Apps – Recommended by Young Minds

Please note that some of these links may no longer be operational in the future, but Young Minds recommend them at the time of publication.

Websites

	<p>http://www.childnet.com/resources/star-toolkit</p>	<p>Activities around E safety for working with young people on the autistic spectrum</p>
	<p>http://www.anti-bullyingalliance.org.uk/media/7443/disable-d-young-peoples-views-on-cyberbullying-report.pdf</p>	<p>Anti-Bullying alliance document on cyberbullying and young people with SEN</p>
	<p>http://www.bigwhitewall.com</p>	<p>Online Counselling Service(18+)</p>
	<p>http://www.mindfull.org</p>	<p>Online Counselling(11 to 17)</p>
	<p>http://www.docready.org</p>	<p>Prepares young people for first visit to GP about MH</p>
	<p>http://selfharm.co.uk/ home</p>	<p>Information for professionals and young people about self-harm</p>
	<p>http://www.madlyinlove.org.uk</p>	<p>MH and relationships including real stories/advice</p>
	<p>http://mycamhschoices.org/</p>	

Information for young people on talking therapies



<http://headmeds.org.uk/>

Info for young people on medication, mental health and life!



<http://www.lifesigns.org.uk/>

Info and support around self-harm



<http://www.recoveryourlife.com>

Info and support around self-harm



<http://www.b-eat.co.uk/>

Info and support around eating problems



<http://blackdogtribe.com/>

Info and support around depression



<http://www.ocdaction.org.uk/>

Info and support around OCD



<http://www.youthnet.org/>

Generic info and advice for Young People



<http://www.thesite.org/>

Generic info and advice for Young People



<http://www.youngminds.org.uk/>

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



<https://www.kooth.com>

Online counselling and support



<https://www.moodscope.com>

Mood tracking tool.

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



<http://www.bipolaruk.org.uk/>

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



<https://www.anxietyuk.org.uk>

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



<http://www.ocduk.org/>

Info on OCD and support forums

<http://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)



<http://www.studentminds.org.uk/>

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



<http://www.time-to-change.org.uk/youngpeople>

Real life stories and information



<http://www.nacoa.org.uk/>

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



<http://www.coap.org.uk/>

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



<http://www.mini-me.org.uk/>

Online moodtracking 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



<http://www.nightline.ac.uk/>

Listening service for students, provided by trained student volunteers



<http://studentsagainstdepression.org/>

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



<http://www.getconnected.org.uk/>

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



<http://www.youthaccess.org.uk/>

Directory of free and confidential counselling, advice or information services



www.youthwellbeingdirectory.co.uk <<http://www.youthwellbeingdirectory.co.uk>>

Directory of service providers that aim to improve the emotional wellbeing and/or mental health of children and young people and their caregivers



<https://www.childline.org.uk/Explore/Self-harm/Pages/Self-harm.aspx>

Private and confidential telephone, email and online chat support for children and young people up to the age of 19. Plus, information on a range of issues



http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html

Resources on Suicide Prevention and LGBTQ

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. Also allows you to see how your score compares with the average mood of other all other users at that moment.



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 up.



Moodometer

Fairly basic moodtracker from the NHS

Apps: Meditation



Headspace

Mini 10 minute meditations to help clear your mind. 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



Stress Tips (Anxiety UK)

Anxiety tracker.

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

Sleep



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

General Apps



Big White Wall

App version of the website



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: <http://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