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

Childnet International	http://www.childnet.com/resources/star-toolkit	Activities around E safety for working with young people on the autistic spectrum
anti-bullying alliance SEN & Disability developing effective anti-bullying practice	http://www.anti-bullyingalliance.org.uk/media/7443/disabled-young-peoples-views-on-cyberbullying-report.pdf	Anti-Bullying alliance document on cyberbullying and young people with SEN
Big White Wall	http://www.bigwhitewall.com	Online Counselling Service(18+)
Mind Full	http://www.mindfull.org	Online Counselling (11 to 17)
DOCREADY	http://www.docready.org	Prepares young people for first visit to GP about MH
www.selfharm.co.uk	http://selfharm.co.uk/ home	Information for professionals and young people about self-harm
MADLY IN LOVE	http://www.madlyinlove.org.uk	MH and relationships including real stories/advice
MYCAMHS Choices	http://mycamhschoices.org/	Information for young people on talking therapies

© 2017 Young Minds & London Grid for Learning

	http://headmeds.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

© 2017 Young Minds & London Grid for Learning





















http://www.thesite.org/ Generic info and advice for Young People

© 2017 Young Minds & London Grid for Learning

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)

© 2017 Young Minds & London Grid for Learning

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

© 2017 Young Minds & London Grid for Learning

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

© 2017 Young Minds & London Grid for Learning

STUDENTS AGAINST DEPRESSION .ORG	http://studentsagainstdepression.org/	Information, advice and real life stories, specifically for students struggling with depression
get connected	http://www.getconnected.org.uk/	Support and signposting service for young people under 25. Telephone, email, text and webchat support
youth ACCESS to information, advice and counselling	http://www.youthaccess.org.uk/	Directory of free and confidential counselling, advice or information services
youth wellbeing directory ACE-V QUALITY STANDARDS	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
ChildLine 0800 1111	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
GRASSROOTS SUICIDE PREVENTION	http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html	Resources on Suicide Prevention and LGBTQ

© 2017 Young Minds & London Grid for Learning

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

© 2017 Young Minds & London Grid for Learning

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
		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

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

© 2017 Young Minds & London Grid for Learning

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

© 2017 Young Minds & London Grid for Learning